

# OCTOBER | 2021

## SJS CAFE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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| 27 |
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| 1 | Cheese Bites<br>Marinara Sauce<br>Green Beans<br>Garden Salad<br>Applesauce<br>Fresh Fruit<br>Milk |
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| 4 | Chicken Tenders<br>Roasted Potatoes<br>Green Beans<br>Diced Peaches<br>Frozen Sidekick<br>Fresh Fruit<br>Milk |
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| 5 | Beef Taco with Queso<br>Salsa, Sour Cream<br>Corn<br>Black Beans<br>Diced Pears<br>Fresh Fruit<br>Milk |
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| 6 | Chicken Drumstick<br>Dinner Roll<br>Mashed Potatoes<br>Glazed Carrots<br>Pineapple Tidbits<br>Fresh Fruit<br>Milk |
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| 7 | Baked Ziti<br>Garlic Breadstick<br>Garden Salad<br>Steamed Broccoli<br>Mandarin Oranges<br>Fresh Fruit<br>Milk |
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| 8 | No School |
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| 11 | Mini Corn Dogs<br>Mac & Cheese<br>Corn<br>Broccoli with Dip<br>Frozen Sidekick<br>Diced Peaches<br>Milk |
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| 12 | Cheeseburger/Hamburger<br>Potato Wedges<br>Baked Beans<br>Diced Pears<br>Fresh Fruit<br>Milk |
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| 13 | Sliced Turkey with Gravy<br>Dinner Roll<br>Mashed Potatoes<br>Green Beans<br>Pineapple Tidbits<br>Fresh Fruit<br>Milk |
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| 14 | 3 or 4 Way Chili Spaghetti<br>Kidney Beans, Onions<br>Shredded Cheese<br>Oyster Crackers<br>Glazed Carrots, Veggie Boat<br>Mandarin Oranges, Fresh Fruit<br>Milk |
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| 15 | Cheese Bites<br>Marinara Sauce<br>Green Beans<br>Garden Salad<br>Applesauce<br>Fresh Fruit<br>Milk |
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| 18 | Chicken OR Cheese<br>Quesadilla<br>Salsa, Sour Cream<br>Refried Beans, Corn<br>Frozen Sidekick<br>Diced Peaches<br>Milk |
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| 19 | Cheese Coney OR Hot Dog<br>Roasted Potatoes<br>Onions, Shredded Cheese<br>Carrots & Celery with Dip<br>Diced Pears<br>Fresh Fruit<br>Milk |
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| 20 | Salisbury Steak<br>Dinner Roll<br>Mashed Potatoes<br>Green Beans<br>Pineapple Tidbits<br>Fresh Fruit<br>Milk |
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| 21 | Chicken Nuggets<br>Mac & Cheese<br>Baked Beans<br>Veggie Boat<br>Mandarin Oranges<br>Fresh Fruit<br>Milk |
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| 22 | Grilled Cheese<br>Tomato Soup<br>Oyster Crackers<br>Garden Salad<br>Applesauce<br>Fresh Fruit<br>Milk |
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| 25 | Chicken Patty on a Bun<br>Baked Beans<br>Waffle Fries<br>Frozen Sidekick, Fresh Fruit<br>Milk |
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| 26 | Cheese OR Pepperoni Pizza<br>Carrots with Dip<br>Steamed Broccoli<br>Diced Pears, Fresh Fruit<br>Milk |
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| 27 | Spaghetti with Meat Sauce<br>Corn<br>Garden Salad<br>Pineapple Tidbits<br>Fresh Fruit<br>Milk |
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| 28 | Confetti Pancakes<br>Sausage Links<br>Smile Fries<br>Veggie Boat<br>Baked Apples<br>Fresh Fruit, Milk |
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| 29 | Pizza Crunchers<br>Marinara Sauce<br>Green Beans<br>Garden Salad<br>Applesauce<br>Fresh Fruit<br>Milk |
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**Alternate Meal Options**

\*Milk and choices of daily fruits and/or vegetables offered with all alternate meal options\*

- **Hummus Grab n Go**  
-Hummus cup, Tostito's chips, cheese stick
- **Turkey Coin and Cheese Lunchable**

-Turkey coins, cheese cubes, Ritz crackers, cheez-its

**Chef Salad**

Large Salad with turkey goldfish\*2

\*Meat options not offered on Fridays\*

\*Menu Subject to Change by Product Availability \*