



October Cardinal Ritter High School Lunch Menu



1 Popcorn chicken w/ Dinner Rolls Mashed Potatoes w/ Gravy Corn Blueberries Strawberry yogurt Milk	2 ALL SCHOOL LITURGY French bread Pizza Herbs & butter Potatoes Honey Carrots Collard Greens Applesauce Shortbread cookies Milk	3 Mandarin stir fry or Tso's Chicken bowl Brown Rice Stir fry Veggies Veggie spring rolls Teddy grahams Mangos Milk	4 EARLY DISMISSAL Beef Steak burgers or Turkey Burgers Wedge fries Sweet peas Coleslaw Fruit Sorbet Milk	5 EXTENDED AA Potato Breaded Fish Sticks or Popcorn Shrimp Jambalaya rice Green Beans Spinach Salad Mandarin Oranges Milk
8 EXTENDED AA Cheese Calzone or BBQ Chicken FB Marinara Cup California Mixed Veg Roasted potatoes Peaches Vanilla Yogurt Milk	9 Chicken Fajita Taco Salad bowl Black Beans Peppers & onions Salsa Cilantro rice Pineapple Milk	10 EXTENDED AA Pasta w/ Meatsauce Bosco Stick Spinach salad Roasted cauliflower Fruit cocktail Milk	11 EARLY DISMISSAL Grilled Chicken Sandwich Sweet Potato fries Cucumber salad Fruit Slushy Chocolate Chip cookie Milk	12 Beef chili Baked potatoes Broccoli Dinner rolls Strawberries Milk
15 SOPHOMORE RETREAT Hot & Spicy or regular Chicken tenders Mashed potatoes Gravy Corn Collard Greens Pineapple Milk	16 SOPHOMORE RETREAT Pepperoni Pizza Sticks California Mixed Veg Sweet potato puffs Pears Blueberry yogurt Milk	17 EARLY DISMISSAL Pasta Bar Marinara Sauce or Alfredo Sauce Chicken or beef Sweet Peas Garlic bread Mandarin oranges Milk	18 EARLY DISMISSAL Philly beef steak sub w/ cheese Waffle cut fries Peppers & onions Spicy Slaw Fruit sorbet Milk	19 PEP RALLY EXTENDED AA Chicken Teriyaki bowl Brown Rice Sesame broccoli Midori blend veggies Tropical fruit salad Strawberry chex Milk
22 Coney hotdog (turkey frank & chili) Baked beans Crinkle cut fries Mandarin Oranges Milk	23 EXTENDED AA Fiesta taco cups Salsa cup Refried beans w/cheese Corn pico de gallo Mexican Rice Fruit cocktail Milk	24 7TH GRADE RETREAT Macaroni N Cheese Texas Toast Broccoli Tomato salad Chocolate fudge Cookie Fruit Slushy Milk	25 EARLY DISMISSAL Breaded Chicken breast Sandwich Cucumber salad Roasted baby carrots Banana Milk	26 OCTOBER FEST MYSTERY MENU 



SNACK SHACK OCTOBER FEST SPECIAL ON TUESDAYS—SOFT PRETZELS & CHEESE \$2.00

