

REVISED

OUR LADY of MOUNT CARMEL CATHOLIC SCHOOL

Grateful no matter what

October 2019 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
30	1	2	3	4
Popcorn Chicken Roasted Gold Potatoes Grapes	Penne Pasta w/meat sauce Garlic Breadstick Mixed Green Salad Applesauce	Pancake wrapped sausage Potato Wedges Pears	BBQ Pulled Pork Sandwich Baked Beans Pineapple	Cheese Quesadilla Corn Tropical Fruit Salad
7	8	9	10	11
Nuggets Mashed Potatoes Peaches	Sloppy Joe Sandwich Baked French Fries Cantaloupe	Macaroni & Cheese Wheat Roll Green Beans Grapes	BOSCO Sticks Marinara Sauce Fresh Broccoli Pears	Pasta Alfredo Glazed Carrots Mandarin Oranges
14	15	16	17	18
Waffle & Syrup Cup Potato Wedges Orange Wedges	Breaded Cheese Ravioli w/marinara Cucumber Slices Apples	E-LEARNING NO LUNCH	NO SCHOOL FALL BREAK	
21	22	23	24	25
Backed Chicken Sandwich Potato Wedges Applesauce	Soft Beef Taco Mexi-Rice Tropical Fruit Salad	Spaghetti & Meatballs w/marinara Garlic Toast Green Beans Mandarin Oranges	Cheeseburger Seasoned Peas Apples	French Toast Sticks w/syrup Tatar Tots Fresh Cantaloupe
28	29	30	31	1
Corn Dog Mixed Veggies Diced Pears	Pepperoni Pizza Mixed Green Salad Peaches	Walking Taco Corn Fruit Cocktail	Chicken Tenders Wheat Roll Dill Carrots Watermelon	Cheese Ravioli w/marinara Garlic Breadstick Fresh Broccoli Orange Wedges