

**REVISED**  
**10.22.19**

# OUR LADY of MOUNT CARMEL CATHOLIC SCHOOL

*Grateful no matter what*

## October 2019 Lunch Menu

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

