

St. Joseph Cathedral School		October			What's for Lunch?		
Monday	Tuesday	Wednesday	Thursday	Friday			
						1 Adult Lunch \$3.00	
						Grilled Cheese	Student Lunch \$2.75
						Tomato Soup	Meal includes:
						Fruit/Cookies	One whole grain bread item
						2. Garden Salad	One protein item
4	5	6	7	8		One serving of vegetables	
Salisbury Steak	Corn Dogs	Rib Patty on Bun	Chicken Nuggets	Bosco Cheese Stick		One serving of fruit	
Mashed Potatoes	Mixed Vegetables	Baked Beans	Macaroni and Cheese	Side Salad		Carton of milk	
Fruit	Fruit	Fruit	Green Beans	Fruit			
			Fruit	Pudding			
2. Chef Salad	2. Chef Salad	2. Chef Salad	2. Chef Salad	2. Garden Salad			
11	12	13	14	15		Gluten-free meals are offered daily, highlighted in yellow on the menu. Please ask if unsure.	
Hot dog Bar	Salisbury Steak	Taco Crunch	Chicken Tenders	Scrambled Eggs			
Chili	Mashed Potatoes	Beef or Chicken	Macaroni and Cheese	Pancakes			
Fruit	Fruit	Lettuce/Cheese	Vegetable	Hash Browns			
Chips		Fruit	Fruit	Juice			
2. Chef Salad	2. Chef Salad	2. Chef Salad	2. Chef Salad	2. Garden Salad			
18	19	20	21	22		Lunch Meat or Sun Butter/Jelly Sandwiches are offered daily.	
Corn Dogs	Scrambled Eggs	Chicken Sandwich	Papa Murphy's Pizza				
Mixed Vegetable	Biscuit & Gravy	Corn	Curly Fries	No School			
Fruit	Sausage	Fruit	Strawberry Cup				
	Fruit/Veggie Drink		Ice Cream Sandwich				
2. Chef Salad	2. Chef Salad	2. Chef Salad	2. Chef Salad				
25	26	27	28	29			
Toasted Ravioli	Hamburger on Bun	Chili	Turkey & Bacon Wrap	Cheese Pizza			
Marinara Sauce	French Fries	Carrots with Dip	Mixed Vegetables	Side Salad			
Green Beans	Fruit	Applesauce	Peaches	Fruit			
Fruit		Cinnamon Rolls		Cookie			
2. Chef Salad	2. Chef Salad	2. Chef Salad	2. Chef Salad	2. Garden Salad			