


















October 2018



Holy Spirit Catholic School Lunch Menu

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|---|---|---|---|--|-----------|
| | 1 Cheese or Pepperoni Pizza, Salad Bar w/Romaine Lettuce & Spinach, Fruit  | 2 Chicken Sandwich (WW Bun), Cucumber & Tomato Salad, Curly Fries, Fruit  | 3 Ham & Cheese Sub (WW), Goldfish Crackers, Cauliflower, Fruit  | 4 <i>Teacher Professional Development - No School</i> | 5 <i>Teacher Professional Development - No School</i> | 6 |
| 7 | 8 Chicken, Spinach Pizza w/White Sauce or Cheese Pizza, Salad Bar w/Romaine Lettuce & Spinach, Fruit  | 9 <i>Picture Day</i> Baked Spaghetti, WW Garlic Breadstick, Zucchini, Fruit  | 10 Hot Dog on WW Bun, Potato Chips, Baked Beans, Fruit  | 11 Breakfast Burger (egg, sausage, cheese on a WW biscuit), Hashbrowns, Fruit  | 12 Chicken Taco Salad, Black Beans, Salsa, Fresh Fruit  | 13 |
| 14 | 15 Cheese or Pepperoni Pizza, Salad Bar w/Romaine Lettuce & Spinach, Fruit  | 16 Chicken Tenders, Mac & Cheese, Corn, Fruit  | 17 Ham & Cheese Sub (WW), Goldfish Crackers, Cauliflower, Fruit  | 18 French Toast Sticks, Sausage, Hashbrowns, Fruit  | 19 <i>First Trimester Mid Term Gr. 4- 8</i> Tacos (Hard shell or WW Soft), Black beans, salsa bar, Fruit  | 20 |
| 21 | 22 Chicken, Spinach Pizza w/White Sauce or Cheese Pizza, Salad Bar w/Romaine Lettuce & Spinach, Fruit  | 23 Cheeseburger (WW Bun) Sweet Potato Fries, Salad, Fruit  | 24 Turkey & Cheese Sub (WW), Sun Chips, Carrots, Fruit  | 25 <i>No School for 5th - 8th Grade Parent Teacher Conf. - Gr. K-5 ATTEND school</i> Breakfast Burritos (WW Tortilla) w/Salsa, Potato Wedges, Fruit  | 26 <i>No School for 5th - 8th Grade Parent Teacher Conf. - Gr. K - 5 ATTEND school</i> Orange Chicken, Fried Brown Rice, Vegetable Medley, Fruit  | 27 |
| 28 | 29 Cheese or Pepperoni Pizza, Salad Bar w/Romaine Lettuce & Spinach, Fruit  | 30 Chicken & Noodles, WW Roll, Peas, Fresh Fruit  | 31 Hot Dog on WW Bun, Potato Chips, Baked Beans, Fruit  | | | |

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