



## October St. Gabriel Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Choose one option 2</b>	<b>Choose one option 3</b>	<b>Choose one option 4</b>	<b>Choose one option 5</b>	<b>Choose one option 6</b>
A. Chicken Parmesan w/Whole Grain Spaghetti  B. Pizza Bagel Fun Lunch  Seasoned Peas	A. Beef Hot Dog on Whole Wheat  B. Pineapple Parfait with Granola  Baked Crinkle Fries Boston Baked Beans	A. Classic Pepperoni Pizza  B. Garden Salad & Breadsticks Fun Lunch  Steamed Golden Corn	A. Crispy Chicken Breast Tenders  B. Chicken Ranch Wrap  Roasted Carrot "Fries" Seasoned Broccoli Florets	A. Classic American Cheeseburger  B. Turkey Ham & Turkey Chef Salad  Sweet Potato Fries
<b>Choose one option 9</b>	<b>Choose one option 10</b>	<b>Choose one option 11</b>	<b>Choose one option 12</b>	<b>Choose one option 13</b>
A. Veggie Chili & Cheese Potato w/WG Breadstick  B. Muffin & Goldfish Fun Lunch  Fresh Broccoli Florets	A. Baja Bean Tacos w/Shredded Lettuce, Diced Tomatoes & Shredded Cheese  B. Turkey & Cheddar on Ciabatta Roll  Seasoned Peas		A. BBQ Pulled Pork Sandwich  B. Tuna Salad Sub  Baked Beans	A. Chicken Alfredo Pasta w/WG Breadstick  B. Ham & Swiss Pretzel Roll Sandwich  Seasoned Corn
<b>Choose one option 16</b>	<b>Choose one option 17</b>	<b>Choose one option 18</b>	<b>Choose one option 19</b>	<b>Choose one option 20</b>
A. Sloppy Joe Sandwich  B. Cereal Fun Lunch  Herb Roasted Potatoes	A. Cheesy Baked Pasta w/WG Breadstick  B. Ham & Swiss on Ciabatta Roll  Savory Green Beans	A. Classic Cheese Pizza  B. Berry Parfait w/Granola  Seasoned Corn	A. Macaroni & Cheese  B. Turkey Ham & Turkey Chef Salad  Classic Baked Beans Fresh Broccoli Florets	A. Whole Grain French Toast Sticks & Syrup w/Turkey Sausage Patties  B. Muffin & Goldfish Fun Lunch  Roasted Green Beans
<b>Choose one option 23</b>	<b>Choose one option 24</b>	<b>Choose one option 25</b>	<b>Choose one option 26</b>	<b>Choose one option 27</b>
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="width: 40%;"> <h1 style="margin: 0;">No School!!! Fall Break!!!</h1> </div> <div style="width: 50%; text-align: right;"> </div> </div>				
<b>Choose one option 30</b>	<b>Choose one option 31</b>	<b>Choose one option 1</b>	<b>Choose one option 2</b>	<b>Choose one option 3</b>
A. Chicken Patty on a WG Bun  B. Nachos Fun Lunch  Fresh Cinnamon Glazed Carrots	A. Pepperoni Pizza Pasta Bake  B. Turkey & Cheese Wrap  Steamed Golden Corn	A. Classic Pepperoni Pizza  B. Ham & Swiss Pretzel Roll Sandwich  Savory Green Beans	A. Sweet & Sour Chicken w/ Lucky Fried Rice  B. Chicken Caesar Salad Wrap  Seasoned Peas & Carrots	A. WG Pancakes & Syrup w/ Turkey Sausage Links  B. Apple Cinnamon Muffin Fun Lunch  Home Fried Potatoes
<b>Peanut Butter &amp; Jelly offered Daily</b>				
<b>Every Meal comes with a choice of 1% White Milk or Fat Free Chocolate Milk</b>				
<i>This institution is an equal opportunity provider.</i>				

# EXTRA EXTRA BAR

Fresh Baby Carrots	Cilantro Lime Coleslaw	Pea Salad	Marinated Tomato & Cucumber Salad	Lettuce & Spinach Salad
Fresh Broccoli Florets	Fresh Celery Sticks	Red & Green Bell Peppers	Fresh Cherry Tomatoes	Fresh Cauliflower Florets
Dried Cranberries	Blueberries	Fresh Pear	Banana w/ Cinnamon & Sugar	Fresh Granny Smith Apples
Chilled Pears	Fruit Punch	Chilled Pears	Cinnamon Apple Slices	Mixed Fruit Cocktail
Fresh Caesar Salad	Homestyle Potato Salad		Broccoli Ranch Salad w/Carrots	Fresh Vegetable Crudit� Cup
Fresh Baby Carrots	Fresh Celery Sticks		Fresh Cherry Tomatoes	Power Peas
Frozen Strawberries	Fresh Golden Delicious Apple		Fresh Banana	Fresh Orange Wedges
Chilled Peaches	Chilled Mandarin Oranges		Rosy Applesauce	Mixed Fruit Cocktail
Asian Pinto Bean Salad	Buttermilk Coleslaw	Broccoli Ranch Salad w/Carrots	Sweet Corn & Pepper Salad	Fresh Vegetable Crudit� Cup
Fresh Baby Carrots	Fresh Celery Sticks	Fresh Baby Carrots	Fresh Cherry Tomatoes	Chopped Romaine Lettuce
Fresh Golden Delicious Apple	Pineapple Cubes	Fresh Fruit Salad	Fresh Banana	Fresh Red Seedless Grapes
Chilled Peaches	Mixed Fruit Cocktail	Chilled Pears	Rosy Applesauce	Mixed Fruit Cocktail
Broccoli Ranch Salad w/Carrots	Sweet Corn Salad w/Ranch Dressing	Colorful Tossed Salad	Asian Pinto Bean Salad	Citrusy Cucumber Salad
Fresh Cherry Tomatoes	Sliced Cucumbers	Fresh Celery Sticks	Fresh Baby Carrots	Fresh Cauliflower Florets
Fresh Golden Delicious Apple	Pineapple Cubes	Fresh Orange Wedges	Honeydew Cubes	Fresh Banana
Chilled Peaches	Chilled Mandarin Oranges	Chilled Pears	Rosy Applesauce	Mixed Fruit Cocktail