

OCTOBER 2022

Saint Francis Xavier Catholic School

LUNCH



Reduced Lunch: \$0.40
Paid Lunch \$4.00
Extra Main Entrée: \$1.00
Milk (white or chocolate): \$0.50



October is National Apple Month. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



MONDAY

Chili Dogs
French Fries
Baby Carrots
Fruit
Choice of Milk

3

TUESDAY

Chicken Parmesan
WG Pasta
Side Salad
Fruit
Garlic Breadstick
Choice of Milk

4

WEDNESDAY

Salisbury Steak
Mashed Potatoes
Seasoned Peas
Fruit
WG Roll
Choice of Milk

5

THURSDAY

Pepperoni Pizza
Side Salad
Cucumbers/Tomatoes
Fruit
Chocolate Chip Cookie
Choice of Milk

6

FRIDAY

Breakfast Burrito
Potato Rounds
Fruit
Yogurt
Choice of Milk

7

Cheeseburger
French Fries
Baked Beans
Fruit
Choice of Milk

10

Italian Pasta Bake
Garlic Toast
Side Salad
Fruit
Choice of Milk

11

BBQ Chicken Sandwich
WG Chips
Baby Carrots
Fruit
Choice of Milk

12

National M&M Day
Baked Beef Crispito
Chuckwagon Corn
Fruit
M&M Cookie
Choice of Milk

13

Biscuits and Gravy
Hashbrowns
Scrambled Eggs
Fruit
Choice of Milk

14

Soft Taco
Tomato Salsa
Refried Beans
Applesauce
Lettuce
Choice of Milk

17

Chicken Patty
Mashed Potatoes
Broccoli
Diced Peaches
Whole Wheat Roll
Choice of Milk

18

Corn Dogs
French Fries
Broccoli
Apple Crisp
Choice of Milk

19

Ham & Cheese
Pinwheels
WG Chips
Corn
Fruit
Choice of Milk

20

Bean Tostada
Lettuce and Tomatoes
Corn
Grapes
Choice of Milk

21

Meatball Sub
Whole grain roll
Mixed Vegetables
Peaches
Choice of Milk

24

Super Nachos
Refried Beans
Cheese
Lettuce
Fruit
Choice of Milk

25

Pancakes
Scrambled Eggs
Hashbrown
Fruit
Choice of Milk

26

Chicken Alfredo
WG Pasta
Broccoli
Mixed Fruit
Choice of Milk

27

National Chocolate Day
Baked Potatoes
Broccoli w/ cheese sauce
Fruit
Baby Carrots
WG Brownies
Choice of Milk

28

Pepperoni Pizza
Garden Salad
Cucumber Slices
Grapes
Choice of Milk

31



Menu items subject to change without notice

This institution is an equal opportunity provider