

October

St. Gerard Majella

FOOD IN
FOCUS



HAPPY HALLOWEEN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mini Corn Dogs or Crispy Chicken Tenders with Tossed Salad Vine-Ripened Grapes Sparkling Jello 2	French Toast Sticks or Cheesy Egg Omelet with Golden Hash Brown Crispy Bacon Bright Blueberries 3	Bellacino's Pizza Pepperoni Slice or Cheese Slice with Fresh Fruit Oreo Cookies 4	Breaded Chicken Patty or Grilled Hamburger with Golden French Fries Fresh Veggies & Dip Mandarin Oranges 5	Chicken Rings or Toasted Beef Ravioli with Buttered Noodles Golden Corn Sparkling Jell-O 6
Toasted Ravioli or Pasta with Red Sauce with Seasoned Broccoli Mandarin Oranges Chilled Pudding 9	Belgian Waffle or Cereal with Milk with Pork Sausage Link Strawberry Yogurt Applesauce 10	Bellacino's Pizza Pepperoni Slice or Cheese Slice with Fresh Fruit Oreo Cookies 11	Mini Stuffed Tacos or Cheesy Quesadilla with Fiesta Rice Flame Roasted Corn Frosty Cherries 12	FRIDAY THE 13TH Superstition Grilled Cheese  Scaredy Cat Fries Broken Mirror Jell-O Ghostly Grapes 13
Popcorn Chicken or Hot Ham & Cheese with Fruit Flavored Yogurt French Fries Chilled Peaches 16	Baked Pretzel with Cheese or Macho Nachos with Pineapple Chunks Creamy Yogurt Lettuce & Tomato 17	Bellacino's Pizza Pepperoni Slice or Cheese Slice with Fresh Fruit Oreo Cookies 18	HALLOWEEN SPECIAL Boo Burger Skeleton Bones (Fries) Bat Teeth (Corn) Witch's Surprise (Halloween Jell-O)  19	EARLY DISMISSAL NO FSC LUNCH 20
Baked Macaroni & Cheese or BLT Wrap with Fresh Veggies & Dip Mandarin Oranges Fruit Flavored Jell-O 23	Fluffy Pancake or Scrambled Eggs with Pork Sausage Patty Fresh Melon Creamy Yogurt 24	Orange Chicken or Pork Egg Roll with Steamed White Rice Seasoned Broccoli Fortune Cookie 25	HALLOWEEN SPECIAL Ghoulish Hot Dog Spider Legs (Fries) Freaky Fruit (Fruit Cocktail) Halloween Treat (Pudding Dirt Cup) 26	SPECIAL LUNCH NO FSC LUNCH 27
NO SCHOOL 30	NO SCHOOL  31	<h3>Did you know?</h3> <p>The first Jack-o-Lanterns were made with turnips and were thought to scare away evil spirits. </p>		

DAILY SALADS:

MONDAY-CHICKEN CAESAR
TUESDAY-CHEF
WEDNESDAY-MEDITERRANEAN
THURSDAY-BUFFALO CHICKEN
FRIDAY-BLT

DAILY GRAB & GO

MONDAY- BLT Wrap, Seasonal Fresh Fruit, Strawberry Yogurt, Cheddar Goldfish
TUESDAY-String Cheese, Veggies & Dip, Seasonal Fresh Fruit
WEDNESDAY - NOT AVAILABLE
THURSDAY – Bagel w/Cream Cheese Seasonal Fresh Fruit, Yogurt, Raisins
FRIDAY – Chicken Snack Wrap, Fresh Veggies w/Dip, Seasonal Fresh Fruit

TUESDAY IS SPECIAL
TREAT DAY \$1.50

THURSDAY IS ICE CREAM DAY
\$1.75
GRADES 3rd-8th

PLEASE CHECK YOUR
MYSCHOOLBUCKS ACCOUNT
THANK YOU!

MENU IS SUBJECT TO CHANGE

Contact our dietitian
at lisa@foodserv.org for special
dietary concerns

For more information about FSC or
employment opportunities, please go to
www.foodserviceconsultants.org

