

# St. Luke School

October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Average Nutrients</p> <p>This institution is an equal opportunity provider.</p> <p>White or fat free chocolate milk</p>				1) French Toast Casserole, Ham, Pudding
4) Chicken Nuggets, Mashed Potatoes, Green Beans, Peaches	5) Hotdogs, Chips, Veggies, Fruit	6) Pancakes, Sausage, Applesauce	7) Pizza Casserole, Bread, Veggies, Fruit	8) Baked Fish, Potatoes, Veggies, Fruit
11) Meat & Cheese Tacos, Veggies, Fruit	12) Grilled Cheese, Tomato Soup, Fruit	13) Sausage Gravy over Biscuits, Applesauce, Cookie	14) Ravioli, Garlic Bread, Green Beans, Apples	15) Grandparent's Day Dinner
18) Scrambled eggs with ham & cheese, Potatoes, Muffins	19) BBQ, Chips, Veggies, Fruit	20) Homemade Pizza, Veggies, Fruit, Brownie	21) Beans & Weenies, Roll, Jell-O, Apple Bar *National Apple Day	22) Lasagna, Garlic Bread, Green Beans, Orange
25) Baked Potato Bar, Small Salad, Fruit	26) Crispy Chicken Sandwich, Tater Tots, Veggies, Fruit	27) Cheeseburger, Chips, Veggies, Fruit, Cookie	28) Bacon, Egg, & Cheese Breakfast Bake, Potatoes, Fruit	29) Aleta's Halloween Special including Boneless Chicken Wings

