



GF N I I I I I I I E

GOOD FOOD DOES GOOD

October 2022

Bishop McManus
22/23 LA Base Lunch K-8 October

<p>03</p> <p>Entree Chicken Patty Sandwich</p> <p>Vegetables Baked Beans Side Salad</p> <p>Fruit Fresh Apple</p> <p>Milk Fat Free Chocolate Milk Low Fat 1% Milk</p> <p>Misc. Ketchup</p>	<p>04</p> <p>Entree Pulled Pork Nachos k-8</p> <p>Vegetables Fajita Style Peppers & Onions Side Salad</p> <p>Fruit Craisins/Raisins, Assorted Flavors</p> <p>Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>	<p>05</p> <p>Entree Turkey Meatloaf</p> <p>Vegetables Mashed Potatoes Side Salad</p> <p>Fruit 100% Apple Juice</p> <p>Grains Whole Grain Corn Bread</p> <p>Milk Fat Free Chocolate Milk Low Fat 1% Milk</p> <p>Misc. Brown Gravy</p>	<p>06</p> <p>Entree Teriyaki Chicken Sandwich</p> <p>Vegetables Green Beans Seasoned Squash Side Salad</p> <p>Fruit 100% Apple Juice Craisins/Raisins, Assorted Flavors</p> <p>Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>	<p>07</p> <p>Entree Cheesy Baked Ziti</p> <p>Vegetables Side Salad Green Beans</p> <p>Fruit Fresh Apple</p> <p>Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>
<p>10</p> <p>Entree Beef Cheeseburger</p> <p>Vegetables Side Salad Roasted Potato</p> <p>Fruit Fresh Apple</p> <p>Milk Fat Free Chocolate Milk Low Fat 1% Milk</p> <p>Misc. Ketchup</p>	<p>11</p> <p>Entree Turkey Soft Tacos</p> <p>Vegetables Side Salad Seasoned Black Beans Chunky Salsa, Mild</p> <p>Fruit Fresh Orange</p> <p>Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>	<p>12</p> <p>Entree Chicken Gumbo</p> <p>Vegetables Green Beans Side Salad</p> <p>Fruit Fresh Apple</p> <p>Grains Brown Rice</p> <p>Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>	<p>13</p> <p>Entree Asian Chicken & Noodle Stir Fry with Cabbage and Broccoli</p> <p>Vegetables Side Salad</p> <p>Fruit Fresh Orange</p> <p>Grains Whole Wheat Dinner Roll</p> <p>Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>	<p>14</p> <p>Entree Cheese Pizza</p> <p>Vegetables Side Salad</p> <p>Fruit Banana</p> <p>Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>
<p>17</p> <p>Entree Hot Dog</p> <p>Vegetables Baked Beans Side Salad</p> <p>Fruit Fresh Apple</p> <p>Grains Honey Wheat Biscuit</p> <p>Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>	<p>18</p> <p>Entree Turkey Bean Chili</p> <p>Vegetables Side Salad Broccoli</p> <p>Fruit Fresh Apple</p> <p>Grains Brown Rice</p> <p>Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>	<p>19</p> <p>Entree Salisbury Steak, with Mushroom Gravy Turkey</p> <p>Vegetables Glazed Carrots Side Salad Roasted Potato</p> <p>Fruit 100% Apple Juice</p> <p>Grains Whole Grain Corn Bread</p> <p>Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>	<p>20</p> <p>Entree Pasta with Meatballs</p> <p>Vegetables Side Salad</p> <p>Fruit Fresh Apple</p> <p>Grains Whole Wheat Dinner Roll</p> <p>Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>	<p>21</p> <p>Entree Cheese Pizza</p> <p>Vegetables Side Salad</p> <p>Fruit Banana</p> <p>Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>
<p>24</p> <p>Entree Chicken Drumstick with Mac & Cheese Bowl</p> <p>Vegetables Side Salad Roasted Potato</p> <p>Fruit Fresh Orange</p> <p>Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>	<p>25</p> <p>Entree Cheesy Baked Ziti</p> <p>Vegetables Side Salad Broccoli</p> <p>Fruit Fresh Apple</p> <p>Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>	<p>26</p> <p>Entree Beef Hamburger</p> <p>Vegetables Side Salad Baked Beans</p> <p>Fruit 100% Apple Juice Craisins/Raisins, Assorted Flavors</p> <p>Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>	<p>27</p> <p>Entree Sweet & Sour Meatballs</p> <p>Vegetables Side Salad Seasoned Squash</p> <p>Fruit Fresh Apple</p> <p>Grains Brown Rice</p> <p>Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>	<p>28</p> <p>Entree Cheese Pizza</p> <p>Vegetables Steamed Broccoli Side Salad</p> <p>Fruit Banana</p> <p>Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>
<p>31</p>				