



# St. John School, Waterloo

## Hot Lunch Menu

### October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Roast Turkey Corn Peaches Bread Slices	2 Chicken Teriyaki Rice Applesauce	3
Fat free chocolate & 1% white milk - fresh fruit & vegetables offered daily!						
4	5 Chicken Patties Hamburger Buns Peaches	6 Tacos Taco Shells Corn Pears	7 Subs Hoagie Buns Baked Beans Mandarin Oranges	8 Roast Pork Mashed Potatoes Green Beans Bread Slices Applesauce	9 5th Grade Choice Day!	10
Fat free chocolate & 1% white milk - fresh fruit & vegetables offered daily!						
11	12 Hamburgers Hamburger Buns Baked Beans Pears	13 Chicken Stir Fry Rice Broccoli Pineapple Tidbits	14 Breakfast for Lunch Pancakes Scrambled Eggs Applesauce	15 Turkey & Gravy Biscuits Peas Peaches	16 Spaghetti Garlic Bread Mixed Fruit	17
Fat free chocolate & 1% white milk - fresh fruit & vegetables offered daily!						
18	19 Mini Corn Dogs Baked Beans Applesauce	20 Chicken Tacos Taco Shells Corn Peaches	21 Toasted Cheese Sandwiches w/ham or w/o ham Mandarin Oranges	22 Tater Tot Casserole Bread Slices Pears	23 Hamburgers Hamburger Buns Mixed Fruit	24
Fat free chocolate & 1% white milk - fresh fruit & vegetables offered daily!						
25	26 Chicken Nuggets Mashed Potatoes Gravy Peaches	27 Lasagna Casserole Garlic Bread Pears	28 Spooky Joes Baked Beans Hamburger Buns Mixed Fruits	29 <b>NO SCHOOL!</b>	30 <b>NO SCHOOL!</b>	31
Fat free chocolate & 1% white milk - fresh fruit & vegetables offered daily!						

\* PB & J sandwiches, hard boiled eggs, and cheese sticks are offered daily as an alternative.  
 \* All breads and buns are whole grain.

“This institution is an equal opportunity provider and employer”