



# St. John School, Waterloo

## Hot Lunch Menu

### October 2021

| Sun  | Mon   | Tue  | Wed   | Thu  | Fri   | Sat |
|--|---|--|---|--|---|-----|
|  |   |  |   |  | 1<br>Fish sticks<br>Bread slices<br>Mixed fruit | 2   |
| Fat free chocolate & 1% white milk - fresh fruit & vegetables offered daily! |   |  |   |  |   |     |
| 3  | 4<br>Happy<br>Hamburgers<br>Hamburger buns<br>Pears                     | 5<br>Chicken tacos<br>Taco shells<br>Corn<br>Oranges       | 6<br>Pigs-in-a-blanket<br>Baked beans<br>Mixed fruit                      | 7<br>Turkey & gravy<br>Biscuits<br>Peas<br>Peaches                                 | 8<br>Sassy subs<br>Hoagie buns<br>Applesauce    | 9   |
| Fat free chocolate & 1% white milk - fresh fruit & vegetables offered daily! |   |  |   |  |   |     |
| 10   | 11<br>Chicken patties<br>Hamburger buns<br>Baked beans<br>Peppy peaches | 12<br>Nachos<br>Tortilla chips<br>Corn<br>Mandarin oranges | 13<br>Tater Tot<br>Casserole<br>Bread slices<br>Applesauce                | 14<br>Spaghetti<br>Garlic bread<br>Mixed fruit                                     | 15<br>6 <sup>th</sup> grade<br>choice day!      | 16  |
| Fat free chocolate & 1% white milk - fresh fruit & vegetables offered daily! |   |  |   |  |   |     |
| 17   | 18<br>Rib-a-ques<br>Hoagie buns<br>Baked beans<br>Pineapple             | 19<br>Tacos<br>Taco Shells<br>Corn<br>Pears                | 20<br>Lasagna<br>Casserole<br>Garlic bread<br>Peaches                     | 21<br>Breakfast for Lunch<br>Pancakes<br>Diced ham<br>Scrambled Eggs<br>Applesauce | 22<br>Pizza<br>Mixed fruit                      | 23  |
| Fat free chocolate & 1% white milk - fresh fruit & vegetables offered daily! |   |  |   |  |   |     |
| 24/31  | 25<br>Chicken nuggets<br>Peaches  | 26<br>Tasty toasted<br>cheese sandwiches<br>Applesauce     | 27<br>Spooky Joes<br>Baked beans<br>Hamburger buns<br>Monster mixed fruit | 28<br><br><b>NO<br/>SCHOOL!</b>  | 29<br><br><b>NO<br/>SCHOOL!</b>                 | 30  |
| 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”