

October 2016

LaSalle Middle School Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MENU SUBJECT TO CHANGE	PLEASE MAKE CHECKS PAYABLE TO: Holy Family Food Service	NO ALTERNATE ON LATE START SCHOOL DAYS	A choice of skim, 1% or skim flavored milk served with lunch. *Indicates foods rich in whole wheat or whole grain.	Fresh Veggies: Baby Carrots Broccoli Cucumbers Green Peppers Greens/Lettuce Mushrooms Onions Tomatoes		1
2 Alternate: Turkey Sandwich	3 Pork Tenderloin on *Bun Hash Brown Baby Carrots Applesauce	4 Popcorn Chicken Corn Garlic Toast Mandarin Oranges	5 Meatball *Sub Green Beans Baby Carrots Mixed Fruit	6 Mac & Cheese Broccoli Mixed Greens Apple Wedges	7 EARLY DISMISSAL Chicken Patty on *Bun French Fries Cucumbers Peaches	8
9 Alternate: Ham Sandwich	10 Chicken Nuggets Calif. Veggies w/ Cheese Sauce *Garlic Toast Orange Wedges	11 Homemade Cheese Pizza Lettuce Pineapple	12 Bar-B-Que Rib on *Bun Pasta Salad Applesauce Cookie	13 Egg & Sausage Hash Brown *Bagel Peaches	14 EARLY DISMISSAL *Quesadilla Mixed Greens Chips & Salsa Pears	15
16 Alternate: Turkey Sandwich	17 Hamburger on *Bun Spicy Fries Carroteenies Mandarin Oranges	18 TACO TUESDAY 2 Hard *Shells w/ Meat Lettuce Banana	19 *Mini Corn Dogs Potato Smiles Jell-O Peaches	20 Orange Chicken Brown Rice Lettuce Fortune Cookie Pineapple	21 EARLY DISMISSAL Sloppy Joe on *Bun Green Beans Chips & Cheese Applesauce	22
23 Alternate: Ham Sandwich	24 *Spaghetti w/Meatballs Lettuce Garlic Toast Peaches	25 Popcorn Chicken Broccoli w/ Cheese Sauce Cheese Stick Pears	26 Chicken Patty on *Bun Potato Smiles Carroteenies Banana	27 Salisbury Steak Mashed Potatoes *Dinner Roll Mixed Fruit	28 NO SCHOOL	29
30 Alternate: Turkey Sandwich	31 HALLOWEEN Walking Zombies Skeleton Fingers Goblins Eyes Foamy Slime					Middle School Prices Student Lunch: \$3.00 Extra Milk: \$0.60 Orange Juice: \$0.45 Extra Main: \$1.50 Extra Side: \$0.60 Guest Adult/Child: \$3.75 Guests please bring exact change.

“This institution is an equal opportunity provider”