



St. Rosalie Middle School October Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>October 12th-16th is National School Lunch Week!</p> <p>Monday- Diana Taurasi's School Lunch Team: Teriyaki New Orleans Style Chicken Tuesday- Dwight Howard's School Lunch Team: Dwight's Beef Gordita Wednesday- Steve Nash's School Lunch Team: Nash's Noodles Chx or Veal Parmesan Thursday- Vince Carter's School Lunch Team: Vince's Veggies with a Turkey Sandwich Friday- Chris Paul's School Lunch Team: CP's Cheese Pizza with a Tossed Salad Come join these All-Star Teams for an All-Star School Lunch</p>				
5	6	7	8	9
Red Beans w Fluffy Rice	Beef Nacho's	Meatballs in Red Gravy w Spaghetti	Turkey & Sausage Gumbo	Catfish
Tossed Salad	Seasoned Corn	Caesar Salad	w/Steamed Rice	Cheesy Mashed Potatoes
Mandarin Oranges	Chilled Peaches	Green Peas	Potato Salad	Pears
Cornbread	Cinnamon Roll	Italian Seeded Bread	Mixed Tropical Fruit	Wheat Roll
		Sugar Cooke	French Bread	Chocolate Cake
Hamburger	Hot Dogs w/wo chili	Popcorn Chicken Basket	Ham PB or Two-fer	Chicken Patty
12	13	14	15	16
Taurasi's Teriyaki	Dwight's Beef Gordita	Noah's Noodles	Vince's Veggies-	CP's Pizza
New Orleans Chicken	Mexican Rice	Veal Parmesan	Broccoli and Cauliflower	(Papa John's Cheese Pizza)
Fluffy Rice	Lettuce/Tomato Cup	Italian Green Beans	Florets w dip	Tossed Salad
Pineapple	Seasoned Corn	Peaches	Turkey Sandwich	Mandarin Oranges
Green Peas/Egg Roll	Cinnamon Stick	Garlic Roll	Lettuce/Tomato/Pickle	Chocolate Chip Cookie
Fortune Cookie		Pudding w sprinkles	Jell-O	
Hot Dogs w/chili	Chicken Patty	Hamburger	Chicken Strips	Meatball Poboy
19	20	21	22	23
			Nutrition Day- Asparagus	
Shepherd's Pie	Beef Taco	Lasagna		Chicken Strips
Sweet Peas	Acadianne Rice	Italian Salad	Turkey w Rice & Gravy	Cheesy Mashed Potatoes
Southern Butter Wheat Roll	Lettuce/Tomato Cup	Fresh Fruit	Broccoli w cheese	Peaches
Brownie	Seasoned Corn	Italian Bread	Tossed Salad	Wheat Roll
	Cinnamon Roll		Wheat Roll	
			Yellow Cake	
Chicken Patty	Two Fers	Popcorn Chicken Basket	Hot dog w/chili	Hamburger
26	27	28	29	30
Red/White Beans w Fluffy Rice	Pirate's Popcorn Chicken	Meatballs in Red Gravy w Spaghetti	Turkey Noodle Soup w Grilled Cheese	NO SCHOOL
or Jambalaya	Monster Mashed Potatoes	Caesar Salad	Buttered Corn	
Garden Salad	w/Goblin Gravy	Green Peas	Chilled Mixed Fruit	
Pears	Ghostly Green Beans	Italian Bread	Pudding	
Cornbread or Roll		Sugar Cookie		
Meatball PB w/wo chz or Sloppy Joe	Howling Hot dogs w/chili	Chicken Strip Basket	Hamburger	

October 27th is Student Choice Day!
 You choose what's for lunch!



School Name: _____

School lunches must meet recommendations of the Dietary Guideline for Americans.
 *No more than 30% of calories from fat and less than 10% from saturated fat averaged weekly.
 *Lunches contain 1/3 of the RDI of Protein, Vitamin A, Vitamin C, Iron, and Calcium.

Happy Halloween



October 12th-16th is National School Lunch Week!



October 30th is our Halloween Celebration! We dare you to join us for a scary school lunch. Mummies and Vampires are welcome!

October 22nd is Asparagus Nutrition Day!
 Come by the Nutrition Day Table for a delicious asparagus sample and fun activities!

