

<p><u>SUBSTITUTES*</u> 1-11 Corn Dog 14-31 Cheeseburger 1-31 Peanut butter sandwich or Salad Lunch: \$2.75 Milk: \$.50 USDA is an equal opportunity provider and employer **menu subject to unexpected changes stmarysvanwert.com Phone: 419-238-5186</p>	<p>1 *LASAGNA W/ MEAT SAUCE 19g Green beans Peaches Bread stick Milk</p>	<p>2 *BBQ BEEF SANDWICH 26g Tater tots 20g Fresh fruit Milk</p>	<p>3 *GRILLED CHEESE 8g Tomato soup 16g Crackers Pear Milk</p>	<p>4 *POPCORN CHICKEN 8g Baked beans Pineapple Milk</p>
<p>7 *CHICKEN STRIPS 8g Tater tots 20g Fresh fruit Milk</p>	<p>8 *HOT DOG ON A BUN 23g Chili soup 17g Crackers 4g Applesauce Milk</p>	<p>9 *CHICKEN PATTY ON BUN 30g Baked beans 24g Pineapple Milk</p>	<p>10 *PEPPERONI PIZZA 17g Green beans Peaches Milk</p>	<p>11 *TACO MEAT, CHEESE, & TORTILLA CHIPS 32g Romaine lettuce salad Fruit Milk</p> <p>Sunday, October 14: FAMILY FALL FESTIVAL</p>
<p>14 No School Professional Development</p>	<p>15 *POPCORN CHICKEN 8g Carrots Pears Milk</p>	<p>16 *MAC & CHEESE 40g Green beans Fresh fruit Muffin 30g Milk</p>	<p>17 *SAUSAGE PATTY 2g Hash brown 15g French toast sticks 29g Orange juice 30g Milk</p>	<p>18 *SOFT TACO 21g Romaine Salad Refried beans 17g Peaches Milk</p>
<p>21 *NACHO CHEESE, CHIPS & BREAD STICK 24g Carrots Fresh fruit Milk</p>	<p>22 *CHICKEN & NOODLES 21g Mashed potatoes 13g Dinner roll 21g Fruit Milk</p>	<p>23 *CORN DOG 30g Green beans Peaches Milk</p>	<p>24 No School Parent Teacher Conferences</p>	<p>25 No School Professional Development</p>
<p>28 *CHICKEN PATTY ON BUN 30g Tater tots 20g Peaches Milk</p>	<p>29 *Grilled Cheese 8g Tomato soup 16g Pears Milk</p>	<p>30 *SALISBURY STEAK 9g Mashed potatoes 13g Dinner roll 21g Peaches 14g Milk</p>	<p>31 *MUMMY GUTS Frankenstein bolts Worm goo Witches brew</p>	<p>Carbohydrates in Grams: White Milk 1% 13g Chocolate Milk Fat Free 20g ½ Banana 14g Apple 22g Orange 11g Carrots 0g Applesauce 20g Pears 16g Romaine Lettuce Salad 0g Pineapple 20g Green Beans 5g Baked Beans 25g Refried Beans</p>

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				School Activity Calendar on reverse

St. Mary's School October 2019 Lunch Menu

