

OCTOBER 2024

LUNCH



Christ the King School



All Lunch Plates include Regular Milk or Water

Keith's phone
e-mail

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

[Blank menu box]

Baked Chicken, Broccoli
Corn, Grapes
Or
Tortellini, Broccoli
Garlic Bread, Grapes

1

Turkey, Mashed Potato
Green Beans, Apple
Or
Taco, Rice Pilaf, Apple
Green Beans

2

Chix Dumpling, Melon
Calif Veg, Biscuit
Or
Hamburger, Calif Veg
French Fry, Watermelon

3

Panko Fish, Wild Rice
Carrots, Pineapple
Or
Pizza, Garden Salad
Pineapple

4

Pancakes, Eggs
Bacon/Sausage, Orange
Or
Penne Pasta, Italian Sauce
Calif Veg, Orange

7

Pork Roast, Macaroni
Mixed Veg, Melon
Or
Chicken Tender, Melon
Mixed Vegetables

8

Grilled Cheese, Apple
Tomato Soup
Or
Taco, Broccoli, Apple
Rice Pilaf

9

Chix Quesadilla, Rice
Green Beans, Berries
Or
Hamburger, Berries
Green Beans, Macaroni

10

Chicken Teriyaki, Broccoli
Chinese Rice, Pineapple
Or
Pizza, Garden Salad,
Pineapple

11

Cajun Fish, Broccoli
Garlic Potato, Melon
Or
Pasta Bolognese, Melon
Garlic Bread, Broccoli

14

Swedish Meatball/Pasta
Green Beans, Berries
Or
Ham, Sweet Potatoes
Green Beans, Berries

15

BBQ Sand, Macaroni
Mixed Veg, Grapes
Or
Taco, Mixed Veg
Grapes, Rice Pilaf

16

Lasagna, Carrots
Garlic Bread, Apples
Or
Hamburger, Carrots
French Fry, Apples

17

Roast Beef, Mash Pot
Broccoli, Pineapple
Or
Pizza, Garden Salad
Pineapple

18

Pancakes, Eggs
Bacon/Sausage, Orange
Or
Penne Pasta, Ital Sauce
Green Beans, Orange

21

Hamb Steak, Macaroni
Mixed Veg, Melon
Or
Chicken Nuggets, Melon
Macaroni, Mixed Veg

22

Pasta Alfredo, Berries
Calif Veg, Garlic Bread
Or
Taco, Calif Veg
Rice Pilaf, Strawberries

23

Chix Enchilada, Grapes
Spanish Rice, Broccoli
Or
Hamburger, Grapes
Macaroni, Broccoli

24

Pork Loin, Mash Pot
Carrot, Pineapple
Or
Pizza, Garden Salad
Pineapple

25

Meatloaf, Mashed Pot
Green Beans, Orange
Or
Pasta Bolognese, Orange
Green Beans, Garlic Bread

28

BBQ Chicken, Broccoli
Corn, Melon
Or
Tortellini, Broccoli,
Garlic Bread, Melon

29

Grilled Cheese, Apple
Chix Noodle Soup
Or
Taco Mixed Veg
Rice Pilaf, Apples

30

Chix Pot Pie, Berries
Broccoli, Biscuit
Or
Hamburger, Berries
French Fry, Broccoli

31

