

<p><u>SUBSTITUTES*</u> 1-11 Corn Dog 14-31 Cheeseburger 1-31 Peanut butter sandwich or Salad Lunch: \$2.85 Milk: \$.50 USDA is an equal opportunity provider and employer **menu subject to unexpected changes stmarysvanwert.com Phone: 419-238-5186</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 18g Corn 12g</p>		<p>1 *GRILLED CHEESE 8g Tomato soup 16g Crackers Pear Milk</p>	<p>2 LASAGNA 19g Green beans Peaches Bread stick Milk</p>
<p>5 *CHICKEN STRIPS 8g Tater tots 20g Fresh fruit Milk</p>	<p>6 *HOT DOG ON A BUN 23g Chili soup 17g Crackers 4g Applesauce Milk</p>	<p>7 *CHICKEN PATTY ON BUN 30g Corn Pineapple Milk</p>	<p>8 *PEPPERONI PIZZA 17g Green beans Peaches Milk</p>	<p>9 *TACO MEAT, CHEESE, & TORTILLA CHIPS 32g Romaine lettuce salad Fruit Milk</p>
<p>12 CHICKEN & NOODLES Mashed potatoes Dinner roll Spiced apples Milk</p>	<p>13 *POPCORN CHICKEN 8g Carrots Pears Milk</p>	<p>14 *MAC & CHEESE 40g Green beans Fresh fruit Muffin 30g Milk</p>	<p>15 *SAUSAGE PATTY 2g Hash brown 15g Cinnamon roll 29g Juice 30g Milk</p>	<p>16 *SOFT TACO 21g Romaine Salad Refried beans 17g Peaches Milk</p>
<p>19 *NACHO CHEESE, CHIPS & BREAD STICK 24g Carrots Fresh fruit Milk</p>	<p>20 *CHICKEN & NOODLES 21g Mashed potatoes 13g Dinner roll 21g Fruit Milk</p>	<p>21 *CORN DOG 30g Green beans Peaches Milk</p>	<p>22 No School Parent Teacher Conferences</p>	<p>23 No School Professional Development</p>
<p>26 *CHICKEN PATTY ON BUN 30g Tater tots 20g Pineapple Milk</p>	<p>27 *Grilled Cheese 8g Tomato soup 16g Pears Milk</p>	<p>29 *POPCORN CHICKEN 8g Baked beans Pineapple Milk</p>	<p>29 *BBQ BEEF SANDWICH 26g Corn Fresh fruit Milk</p>	<p>30 *TOMB STONES IN SLIME 9g Ghost guts 13g Rat brains 21g Dragon claws 14g Witches drool</p>
<p>School Activity Calendar on reverse</p>				

St. Mary's School October 2020 Lunch Menu

