

3 *CHICKEN STRIPS 8g Tater tots 20g Fresh fruit Milk	4 *HOT DOG ON A BUN 23g Chili soup 17g Crackers 4g Applesauce Milk	5 *CHICKEN PATTY ON BUN 30g Corn Pineapple Milk	6 *PEPPERONI PIZZA 30g Green beans Peaches Milk	7 *TACO MEAT, CHEESE, & TORTILLA CHIPS 32g Romaine lettuce salad Fruit Milk
10 No School Professional Development	11 *POPCORN CHICKEN 8g Carrots Pears Milk	12 *MAC & CHEESE 40g Green beans Peaches Muffin 30g Milk	13 *SAUSAGE PATTY 2g Hash brown 15g French toast sticks 29g Juice 30g Milk	14 *CHICKEN FAJITA 21g Romaine Salad Peaches Milk
17 *NACHO CHEESE, CHIPS & BREAD STICK 24g Carrots Fresh fruit Milk	18 *CHICKEN & NOODLES 21g Mashed potatoes 13g Dinner roll 21g Fruit Milk	19 *PEPPERONI PIZZA 17g Green beans Peaches Milk	20 No School Parent Teacher Conferences	21 No School Professional Development
24 *CHICKEN PATTY ON BUN 30g Tater tots 20g Pineapple Milk	25 *GRILLED CHEESE 8g Tomato soup 16g Pears Milk	26 *CHICKEN NUGGETS 8g Baked beans Peaches Milk	27 *BBQ BEEF SANDWICH 26g Corn Fresh fruit Milk	28 *CORN DOG 10g French fries Applesauce Milk
30 *SUB SANDWICH 9g Carrots Fruit Milk	31 *TOMB STONES IN SLIME 9g Ghost guts 13g Rat brains 21g Dragon claws 14g Witches drool	SUBSTITUTES* 2-14 Corn Dog 17-31 Cheeseburger 1-31 Peanut butter sandwich Student: \$3.00 Adult:\$3.50 Milk: \$.75 USDA is an equal opportunity provider and employer **menu subject to unexpected changes** stmarysvanwert.com Phone: 419-238-5186	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	

School Activity Calendar on reverse

St. Mary's School *October 2022* Lunch Menu

