

## OCTOBER LUNCH MENU

**\*\* FREE BREAKFAST AND LUNCH FOR ALL STUDENTS AT LCA \*\***

“This institution is an equal opportunity

Monday	Tuesday	Wednesday	Thursday	Friday	
2  Seasoned Chicken on the Bone w/ Side of BBQ Sauce Spudsters & Green Beans	3  Hamburger on ww Bun w/ Lettuce, Tomato & pickles	4  Meatball Sub w/ Sweet Potato Fries	5  Nachos With All The Fixings  <b>Sub Special</b> Tuna	6  Sal’s Pizza Side Salad	<p><b>MILK ONLY IS \$0.50/DAY</b></p> <p><b>BREAKFAST MENU:</b> Items to be served throughout the school year: muffins, cereal, donuts, coffee cake, pancakes, etc. All breakfast items are served with milk (chocolate or 1% white) and fruit or 100% fruit juice.</p> <p>All lunches come with choice of chocolate or 1% white milk, vegetable or fruit. Sandwiches are made on whole wheat bread. Fruit cups and carrot/celery sticks are offered at every lunch.</p> <p><b>COLD LUNCHES OFFERED DAILY:</b></p> <p><b>Choose one:</b></p> <p>Peanut Butter &amp; Jelly Ham w/ Mayonnaise or plain Turkey w/ Mayonnaise or plain Tuna Salami Above come with chips &amp; fruit</p> <p><b>OR</b></p> <p>Chef Salad w/ Pita Bagel and Yogurt Cup</p> <p>..... All lunch menus will be posted on LCA’s website: lawrencecatholicacademy.net ..... Any questions you can e-mail: mloughlin@lawrencecatholicacademy.org</p>
9  <b>COLUMBUS DAY NO SCHOOL</b>	10  Chicken Parm Sub Chips & Fruit	11  Seasoned Beef on ww Bun w/ French Fries	12  *New* Chicken & Cheese Quesadilla w/ Corn <b>Sub Special</b> Turkey & Cheese	13  French Bread Pizza Side Salad	
16  Mac-N-Cheese Chicken Nuggets & Steamed Peas	17  Pasta w/ Meat Sauce, Hot Roll w/ Carrots	18  Crispy Chicken Patty on ww Bun w/ Lettuce & Chips	19  Hamburger on ww Bun w/ Lettuce, Tomato & pickles <b>Sub Special</b> Ham & Cheese	20  Sal’s Pizza Side Salad	
23  BBQ Pulled Pork Brown Rice & Carrots	24  Corn Dog 3 Bean Salad & Chips	25  Scrambled Eggs w/ ham & cheese & Toasted English Muffin	26  Beef Chili w/ Soft Pretzel & <b>Sub Special</b> Turkey & Cheese	27  French Bread Pizza Side Salad	
30  Beef Soft Taco Rice & Corn	31  Grilled Cheese Sandwich & Tomato Soup	11/1  Rotini w/ Meat Ball Roll and fruit	2  Chicken Teriyaki w/ Rice & Vegetable <b>Sub Special</b> Ham & Cheese	3  Sal’s Pizza Side Salad	