



JFK Catholic

October 2010

Monday	Tuesday	Wednesday	Thursday	Friday	NEWS
1 Chicken Patty on bun -Buttered noodles -Green beans -Choice of fruit -Milk	2 Hot dog wrap or hot dog on bun -Tater tots -Glazed carrots -Choice of fruit -Milk -Rice Krispies treat	3 Creamed Chicken over Biscuit -Mashed potatoes -Gravy -Peas -Choice of fruit -Milk	4 NO LUNCH	5 NO LUNCH	Lunch w/milk=\$3.00 Milk only= 75 cents Adult lunch=\$3.75 Peanut butter & jelly sandwiches offered daily
8 2 Hamburger Sliders on buns -Cheese available -French fries -Mixed veggies -Choice of fruit -Milk	9 Fiestada Pizza or Nachos (meat &/or cheese) -Refried beans -Rice -Corn -Fresh salad -Choice of fruit -Milk	10 Hoagie -Lettuce, tomato, onion -Tater tots -Vegetable soup -Choice of fruit -Milk	11 Chicken & Pasta -Choice of marinara, alfredo or butter -Broccoli -Breadstick -Choice of fruit -Milk	12 Plain or Pepperoni Pizza -Spinach salad -Carrots -Choice of fruit -Oatmeal choc chip cookie -Milk	A good lunch = 3 food choices, including at least one fruit/vegetable.
15 Popcorn chicken -Buttered noodles -Egg roll w/sweet & sour sauce -Mixed veggies -Choice of fruit -Milk	16 Ham BBQ on bun or Hot Ham & Cheese sandwich -Sweet potato fries -Fresh salad -Choice of fruit -Milk	17 Baked Potato -Chili -Shredded cheddar -Sour cream/butter -Broccoli -Choice of fruit -Milk	18 Stromboli (Ham-Pepperoni-Cheese) -Pasta w/ marinara -Green beans -Choice of fruit -Brownie -Milk	19 Cheese quesadillas or Nachos w/cheese -Spanish rice -Black beans -Corn -Choice of fruit -Milk	<u>Cafeteria staff</u> Candace Wolf Ronda Corso Karina Kowalczyk Rosemary O'Hagan Kayla Menzer
22 French Toast Sticks or Pancakes -Hash browns -Sausage patty -Orange juice -Choice of fruit -Milk	23 Chicken patty slider on bun -Macaroni & cheese -Stewed tomatoes -Green beans -Choice of fruit -Milk	24 Stuffed crust pizza -Corn -Spinach salad -Choice of fruit -Birthday cupcake -Milk	25 NO LUNCH	26 NO LUNCH	
29 Sliced Turkey or Tuna Salad on Goldfish bread -French fries -Glazed carrots -Celery w/ ranch -Choice of fruit -Milk	30 Grilled cheese sandwich -Tomato soup -Sweet potato coins -Mixed veggies -Choice of fruit -Milk	31 Spooky chicken nuggets -Creepy curly fries -Ghoulish green beans -Googly grapes -Trick or TREAT dessert -Milk	1 Meatball sandwich -Pasta w/ marinara -Broccoli & cauliflower mix -Choice of fruit -Milk	2 Burritos or Nachos (Beef &/or Bean) -Shredded cheese -Corn -Fresh salad -Choice of fruit -Milk	Please call, text or email for answers to your volunteer scheduling or lunch account questions. Cafeteria 724.222.5874 Mrs. Wolf 724.263.0203 cafeteriaanager@jfkatholic.com