

St. George's October 2019

S	Mon	Tue	Wed	Thu	Fri	S
P a n i n i		1 RED BEANS & RICE W/ SAUSAGE FRENCH BREAD SEASONED GREEN BEANS FRUIT Popcorn Chicken Salad	2 CHICKEN NUGGETS MASHED POTATOES W/ GRAVY GREEN PEAS FRUIT Honey Chicken Salad	3 ELBOW MACARONI W/ MEATSAUCE FRENCH BREAD GREEN PEAS PUDDING Turkey Wraps	4 CHICKEN & CHEESE SOFT TACOS SPANISH RICE STEAMED BROCCOLI COOKIE Chef Salad	5
6 T A C O S	7 PIZZA TOSSED SALAD STEAMED CORN COOKIE Egg Salad Croissant	8 RED BEANS & RICE W/ SAUSAGE FRENCH BREAD SEASONED GREEN BEANS FRUIT Tuna Salad	9 BRUNCH SCRAMBLED EGGS PANCAKES BACON FRUIT SALAD Shrimp Caesar Salad	10 ROTINI PASTA W/ MEATBALLS FRENCH BREAD BLEND VEGETABLES CAKE Grilled Chicken Tortilla	11 SLOPPY JOE SANDWICH FRENCH FRIES MIXED VEGGIES COOKIE Muffaletta Pasta Salad	1 2
13 P O T A T O	14 NO SCHOOL	15 CHICKEN SANDWICH LETTUCE & TOMATO FRENCH FRIES TOSSED SALAD FRUIT Popcorn Chicken Salad	16 SOFT TURKEY TACOS W/ LETTUCE & TOMATO SPANISH RICE STEAMED BROCCOLI FRUIT Grilled Chicken Salad	17 SPAGHETTI W/ MEATBALLS FRENCH BREAD GREEN PEAS JELLO Club Sandwich	18 CHICKEN & ANDOUILLE SAUSAGE GUMBO W/ RICE FRENCH BREAD TOSSED SALAD COOKIE Honey Chicken Salad	1 9
20 P A N I N	21 FRIED FISH MACARONI & CHEESE BUTTERED CARROTS COOKIE Tuna Salad	22 BROILED HAMBURGERS LETTUCE & TOMATO FRENCH FRIES ITALIAN BLEND VEGGIES FRUIT Popcorn Chicken Salad	23 CHICKEN TENDERS MASHED POTATOES W/ GRAVY GREEN PEAS FRUIT SALAD Egg Salad Croissant	24 SPAGHETTI W/ MEATBALLS FRENCH BREAD GREEN BEANS TOAST CRUNCH TREATS Honey Chicken Salad	25 BRUNCH SCRAMBLED EGGS PANCAKE BACON FRUIT SALAD Chef Salad	2 6
27 T A C O S	28 PULLED PORK SANDWICH MACARONI & CHEESE BABY CARROTS COOKIE Grilled Chicken Caesar	29 RED BEANS & RICE W/ SAUSAGE FRENCH BREAD SEASONED GREEN BEANS FRUIT Popcorn Chicken Salad	30 SOFT TURKEY TACOS LETTUCE & TOMATO SPANISH RICE STEAMED BROCCOLI FRUIT Grilled Chicken Salad	31 ELBOW MACARONI W/ MEATSAUCE FRENCH BREAD GREEN PEAS CUPCAKES Egg Salad Croissant		