

# OCTOBER 2021 WESTSIDE CATHOLIC SCHOOL

## LUNCH



This Institution is an equal opportunity provider.

**Menu is subject to change.** Extra Entrée \$ 1.70  
Milk is served daily. Adult Lunch \$ 4.60



A la carte pricing must be comparable to restaurant / vending prices to comply with Federal Guidelines.  
Is your child eating enough lunch?  
Lunch combo meals consist of 5 food group components (protein, grain, vegetable, fruit, milk ).  
Students **MUST** take at least 3 of the 5 components and 1 **MUST** be a ½ cup of fruit or vegetable.  
Students also have the option of taking items from all 5 groups.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Papa John's Pizza**  
**PBJ Sandwich & Cheese Stick** 4

Carrots / Ranch Dip  
Broccoli  
Mixed Fruit

**Hamburger / Cheese**  
**PBJ Sandwich & Cheese Stick** 5

Pizza  
Corn  
Baked Beans  
Mixed Berry Cup

**Pulled Pork / Roll**  
**PBJ Sandwich & Cheese Stick** 6

Pizza  
Green Beans  
Mashed Potatoes / Gravy  
Peaches  
Giant Cinnamon Graham Goldfish

**Hot Dog on Bun/Chili/Cheese**  
**PBJ Sandwich & Cheese Stick** 7

Pizza  
Carrots  
Vegetable  
Applesauce

**Papa John's Pizza**  
**PBJ Sandwich & Cheese Stick** 1

Carrots  
Vegetables  
Apple Slices

**NO SCHOOL** 8

**Cheesy Breadsticks**  
**PBJ Sandwich & Cheese Stick** 11

Pizza  
Green Beans  
Carrots  
Marrnara Sauce  
Mixed Fruit

**Shrimp Poppers**  
**PBJ Sandwich & Cheese Stick** 12

Pizza  
Corn  
Baked Beans  
Mixed Berry Cup  
Marrnara Sauce

**Spaghetti / Breadstick**  
**PBJ Sandwich & Cheese Stick** 13

Pizza  
Chef Salad  
Salad  
Tomatoes  
Applesauce

**Soft Shell Chicken Taco**  
**PBJ Sandwich & Cheese Stick** 14

Pizza  
Tater Tots  
Grapes  
Salsa

**Papa John's Pizza**  
**PBJ Sandwich & Cheese Stick** 15

Chef Salad  
Broccoli  
Vegetables  
Peaches

**Pepperoni Calzone**  
**PBJ Sandwich & Cheese Stick** 18

Pizza  
Corn  
Broccoli  
Peaches  
Marrnara Sauce

**Chicken on the Beach-Chicken**  
**PBJ Sandwich & Cheese Stick** 19

Pizza  
Chips, Cheese, Rice, Salsa  
Carrots / Ranch Dip  
Garbanzo Beans  
Strawberry Cup

**French Toasts**  
**PBJ Sandwich & Cheese Stick** 20

Pizza  
Tater Tots  
Spiced Apples  
Syrup

**Grilled Chicken on Bun**  
**PBJ Sandwich & Cheese Stick** 21

Pizza  
Green Beans  
Cheezy Potatoes  
Orange

**Papa John's Pizza**  
**PBJ Sandwich & Cheese Stick** 22

Carrots  
Vegetables  
Apple Slices

**Cheese Omelet with**  
**French Toast Sticks** 25

Pizza  
Tater Tots  
Spiced Apples  
Syrup

**Salisbury Steak / Roll**  
**PBJ Sandwich & Cheese Stick** 26

Pizza  
Green Beans  
Mashed Potatoes  
Gravy  
Mixed Berry Cup

**Ravioli / Cheese Bread**  
**PBJ Sandwich & Cheese Stick** 27

Pizza  
Carrots / Ranch Dip  
Broccoli  
Applesauce

**Chicken Nuggets**  
**PBJ Sandwich & Cheese Stick** 28

Pizza  
Corn  
Baked Beans  
Pears

**Papa John's Pizza**  
**PBJ Sandwich & Cheese Stick** 29

Carrots  
Vegetables  
Apple Slices