NAME OF SCHOOL 5F - BENEDICTINE H.S.

DATE 2017-2018		October 2	October 3	October 4	October 5	October 6
ITEMS		**MONDAY**	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
ENTRÉE (Choose One)		Hamburger or Cheeseburger on a Bun Salisbury Steak with Gravy and a Corn Muffin Breaded Chicken Drumstick with a Corn Muffin	Chicken Tenders with Breadstick Italian Meat Combo Calzone with Marinara Sauce Pasta with Meatballs and a Breadstick Cookie	Pepperoni Pizza Beef Burrito BBQ Meatloaf on Pretzel Bun	Hot & Spicy Chicken Sandwich Mac & Cheese with Pulled Pork & Pretzel Rods Fiestada Pizza	Cheese Filled Breadsticks with Marinara Sauce Corn Dogs Peanut Butter and Jelly Bars
Choose At Least 1 Fruit or Veg.	**VEGETABLE**	Mashed Potatoes and Gravy	Green Beans	Baked Beans or French Fries	Corn	Tator Tots or Carrots
		Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
	FRUIT	Peaches	Applesauce	Strawberry Cup	Pears	Fruit Cocktail
		Fresh Fruit	100% Fruit Juice	Fresh Fruit	100% Fruit Juice	Fresh Fruit
MILK		½ Pt. Milk	½ Pt. Milk	½ Pt. Milk	½ Pt. Milk	½ Pt. Milk
CHEF SALADS (all Served with Muffin unless otherwise noted)						

USDA is an equal opportunity provider and employer.

SUSBTITUTION OF ITEMS MAY BE NECESSARY

NAME OF SCHOOL 5F - BENEDICTINE H.S.

DATE 2017-2018		October 9	October 10	October 11	October 12	October 13
ITEMS		**MONDAY**	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
ENTRÉE (Choose One)		Chili Dog with Cheese on a Bun Hamburger or Cheeseburger on a Bun Grilled Cheese with Yogurt	Taco Tuesday! Soft Shell Beef Taco Soft Shell Chicken Taco Buffalo Chicken Tenders with Breadstick	Popcorn Chicken Mash Up with Gravy and Roll Meatball Sub Cheese Pizza	Pulled Pork on a Pretzel Bun Three Cheese Calzone with Marinara Sauce Breaded Chicken Sandwich	Turkey and Cheese Hoagie Peanut Butter and Jelly Bars Mozzarella Sticks with Marinara Sauce with Roll
Choose At Least 1 Fruit or Veg.	**VEGETABLE**	French Fries	Refried Beans or Corn	Broccoli or Mashed Potatoes	Carrots	Potato Wedges
		Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
	FRUIT	Mandarin Oranges	Peaches	Fruit Cocktail	Citrus Smoothie	Pears
		Fresh Fruit	100% Fruit Juice	Fresh Fruit	100% Fruit Juice	Fresh Fruit
MILK		½ Pt. Milk	½ Pt. Milk	½ Pt. Milk	½ Pt. Milk	½ Pt. Milk
CHEF SALADS (all Served with Muffin unless otherwise noted)						

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SUSBTITUTION OF ITEMS MAY BE NECESSARY

NAME OF SCHOOL 5F - BENEDICTINE H.S.

DATE 2017-2018		October 16	October 17	October 18	October 19	October 20
ITEMS		**MONDAY**	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
ENTRÉE (Choose One)		Jumbo Cheese Ravioli with a Roll Hamburger or Cheeseburger on a Bun Korean BBQ Pulled Chicken on a Pretzel Bun	Breaded Pork with Gravy and Breadstick Salisbury Steak with Gravy and Breadstick Chicken Tenders with a Breadstick	Chili Mac with Shredded Cheddar Pepperoni Pizza Grilled Chicken or Buffalo Chicken with Cheese on a Bun Cookie	Corn Dogs Hot & Spicy Chicken Sandwich BBQ Roasted Chicken with a Corn Muffin	Popcorn Chicken with Pretzel Rod Cheese Stuffed Breadsticks with Marinara Sauce Peanut Butter and Jelly Bars
Choose At Least 1 Fruit or Veg.	**VEGETABLE**	Roasted Potatoes	Mashed Potatoes	Sweet Potato Tots	Baked Beans	Green Beans
		Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
	FRUIT	Fruit Cocktail	Pears	Peaches	Berry and Yogurt Parfait	Applesauce
		Fresh Fruit	100% Fruit Juice	Fresh Fruit	100% Fruit Juice	Fresh Fruit
MILK		½ Pt. Milk	½ Pt. Milk	½ Pt. Milk	½ Pt. Milk	½ Pt. Milk
CHEF SALADS (all Served with a Muffin unless otherwise noted)						

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SUSBTITUTION OF ITEMS MAY BE NECESSARY

NAME OF SCHOOL 5F - BENEDICTINE H.S.

DATE 2017-2018		October 23	October 24	October 25	October 26	October 27
ITEMS		**MONDAY**	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
ENTRÉE (Choose One)		Chicken & Rice Bowl with Roll {Popcorn Chicken over Fried Rice with Mandarin Orange Sauce} Hamburger or Cheeseburger on a Bun Peanut Butter and Jelly Sandwich with Yogurt	Chicken Nachos {Pulled Chicken & Cheese Sauce over Tostitos Chips with optional Salsa} Beef Nachos {Beef Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa} Buffalo Chicken Tenders with Breadstick	Hot Dogs on Buns Cheese Pizza Meatball Sub	Turkey Ranch Club Wrap Breaded Chicken Sandwich Cheesy Garlic Flatbread	Quesadilla Mozzarella Sticks with Marinara Sauce with Roll Peanut Butter and Jelly Bars
Choose At Least 1 Fruit or Veg.	**VEGETABLE**	French Fries or Broccoli	Black Bean & Corn Salad	Carrots or French Fries	Green Beans	Corn
		Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
	FRUIT	Mandarin Oranges	Pears	Applesauce Cup	Peaches	Fruit Cocktail
		Fresh Fruit	100% Fruit Juice	Fresh Fruit	100% Fruit Juice	Fresh Fruit
MILK		½ Pt. Milk	½ Pt. Milk	½ pt. Milk	½ Pt. Milk	½ pt. Milk
CHEF SALADS (all Served with Muffin unless otherwise noted)						

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SUSBTITUTION OF ITEMS MAY BE NECESSARY

NAME OF SCHOOL 5F - BENEDICTINE H.S.

DATE 2017-2018		October 30	October 31			
ITEMS		MONDAY	TUESDAY			
ENTRÉE (Choose One)		Hamburger or Cheeseburger on a Bun Salisbury Steak with Gravy and a Corn Muffin Breaded Chicken Drumstick with a Corn Muffin	Chicken Tenders with Breadstick Italian Meat Combo Calzone with Marinara Sauce Pasta with Meatballs and a Breadstick Cookie			
Choose At Least 1 Fruit or Veg.	VEGETABLE	Mashed Potatoes	Green Beans			
		Tossed Salad	Tossed Salad			
	FRUIT	Peaches	Applesauce			
		Fresh Fruit	100% Fruit Juice			
MILK		½ Pt. Milk	½ Pt. Milk			
CHEF SALADS (all Served with Muffin unless otherwise noted)						

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SUSBTITUTION OF ITEMS MAY BE NECESSARY