

# St. Teresa of Avila School

# October

USDA Daily Requirements K thru 8  
Protein 1.5 oz. per, Fruits 4oz, Vegetables 4oz, Whole Grains 1 serving

This institution is an equal opportunity provider.

**Meal Price**  
**\$4.25**

**Extra Entrée**  
**\$2.25**

2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
<b>Chicken Pot Pie Bake</b>	<b>Breakfast</b>	<b>Chicken Day</b>	<b>Cheese Burger</b>	<b>Pizza</b>
Chicken, corn, peas and Carrots and Pasta in sauce Garlic Bread 4oz Madeiran Oranges	3 pancakes 2 turkey sausage links 1 Hash Brown 4oz Pineapple	3 chicken fingers 6oz Green Beans 4oz Applesauce	2oz Cheeseburger 6oz Baked Beans 4oz Watermelon	WG Pepperoni Pizza 1/2 cup Romaine Salad w/ Ranch 4oz Pears
9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
<b>Nacho's</b>	<b>Breakfast</b>	<b>Chicken Sandwich</b>	<b>Corn Dogs</b>	
Corn Tortilla Chips, 1.5oz Taco Beef & 1oz Shredded Cheese 6oz Tomato Salsa 4oz Madeiran Oranges	Mini Maple Waffles 2 turkey sausage links 1 Hash Brown 4oz Pineapple	2oz chicken sandwich 6oz Green Beans 4oz Applesauce	Mini Corn Dog Bites 6oz Baked Beans 4oz Watermelon	No School
16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
	<b>Breakfast</b>	<b>chicken fingers</b>	<b>Hot Dogs</b>	<b>Breadsticks</b>
No School	3 pancakes 2 turkey sausage links 1 Hash Brown 4oz Pineapple	3 chicken fingers 6oz Green Beans 4oz Applesauce	2oz Hot dog with WG Bun 6oz Baked Beans 4oz Watermelon	2 Cheese Stuffed Breadsticks 2oz Tomato Dipping Sauce 4oz Broccoli w/ ranch 4oz Pears
23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
<b>Chili Mac</b>	<b>Breakfast</b>	<b>Chicken Sandwich</b>	<b>Soft pretzels bites</b>	<b>Pizza</b>
8oz Cincy Chili, Kidney Beans, Mac Noodles 1oz Cheddar Cheese 6oz Carrots 4oz Madeiran Oranges	4 Cinnamon French toast 2 turkey sausage links 1 Hash Brown 4oz Pineapple	2oz chicken sandwich 6oz Green Beans 4oz Applesauce	6 Soft Pretzels Bites w/ 2oz Cheese Sauce 5 Smile Fries 4oz Watermelon	WG Pepperoni Pizza 1/2 cup Romaine Salad w/ Ranch 4oz Pears

Everyday Entrée available served with daily side and fruit

Bagel W/ Cream Cheese

