



**Blessed Sacrament Bulldog Café October 2018**  
**Lunches are Prepared for Pre- K through 8th Grade**



Monday	Tuesday	Wednesday	Thursday	Friday	Alternate Choices
<b>1-Oct</b>	<b>2-Oct</b>	<b>3-Oct</b>	<b>4-Oct</b>	<b>5-Oct</b>	<b>#1 Chicken Nuggets</b>
<b>General Tso Chicken</b> broccoli rice  Fruit	<b>Hamburger on Bun</b> carrots & peas french fries baked beans Fruit	<b>Taco Salad</b> lettuce, cheese, tomato corn refried beans Fruit	<b>Pasta with Meatballs</b> green beans breadstick  Fruit	<b>Chicken Tender Wrap</b> lettuce, cheese, tomato potato wedges carrots & celery Fruit	vegetable fruit milk
<b>8-Oct</b>	<b>9-Oct</b>	<b>10-Oct</b>	<b>11-Oct</b>	<b>12-Oct</b>	<b>#2 Chef Salad</b>
<b>No School</b>	<b>Chicken Patty on Bun</b> broccoli with cheese tator tots  Fruit	<b>Turkey</b> corn mashed potatoes dinner roll Fruit	<b>Bbq Riblets</b> green beans mac & cheese cornbread Fruit	<b>Chicken Nuggets</b> french fries corn  Fruit	lettuce, cheese, ham eggs, vegetable fruit, crackers milk
<b>15-Oct</b>	<b>16-Oct</b>	<b>17-Oct</b>	<b>18-Oct</b>	<b>19-Oct</b>	
<b>Ham &amp; Cheese Pretzel</b> carrots & peas potato wedges  Fruit	<b>Cheese Omelet</b> sausage patty french toast sticks  oranges	<b>Brown Bag Lunch</b> turkey & cheese sandwich carrots apples chips	<b>Toasted Cheese</b> carrots & celery tomato soup  Fruit	<b>Chicken Quesadilla</b> corn rice refried beans Fruit	
<b>22-Oct</b>	<b>23-Oct</b>	<b>24-Oct</b>	<b>25-Oct</b>	<b>26-Oct</b>	
<b>Pizza Dunkers</b> green beans salad  Fruit	<b>Meatball Sub</b> corn potato wedges  Fruit	<b>Grilled Chicken</b> broccoli buttered noodles  Fruit	<b>Corn Dogs</b> carrots & peas french fries  Fruit	<b>Early Dismissal</b> No lunch	Must choose 3 items to make it a meal & 1 must be a fruit or veggie
<b>29-Oct</b>	<b>30-Oct</b>	<b>31-Oct</b>			
<b>Soft Tacos</b> lettuce, cheese, tomato corn refried beans Fruit	<b>Pulled Pork on Bun</b> broccoli w/ cheese tator tots  Fruit	<b>Haunted Hot Dogs</b> Ghoulish Green Beans Terrifying Tator Tots  Fruit			milk choices include 1% white fat free chocolate fat free strawberry
Any questions or concerns, contact Barb Pronko at 454-0171 or email <a href="mailto:bpronko@bserie.org">bpronko@bserie.org</a>  milk is included with the lunch- juice can not be substituted.			<b>*Menu Subject to Change*</b>	lunch-\$2.75 reduced-\$.40 free-free	A selected fruit: canned, fresh, or 4oz juice is offered daily