

# October

# Cardinal Ritter High School Cafeteria

					1	2
					Sweet & Sour Chicken Brown Rice Stir Fry Vegetables Mandarin Oranges Milk	Philly Beef Sub Mozzarella Cheese Sauted Peppers & Onions Tate Tots Diced Peaches Milk
5	6	7	8	9		
Grilled Chicken Sandwich Potato Salad Tomato Tossed Salad Yogurt Milk	Chili Grilled Cheese Sandwich Sliced Green Peppers Applesauce Ranch Dressing Milk				Taquitos Spanish Rice Fiesta Black Beans Mango Milk	Deep Dish Pizza Seasoned Potatoes Italian Salad Blueberries Milk
12	13	14	15	16		
Alfredo Chicken Penna Pasta Roasted Broccoli Pineapple Milk	Hotdogs Baked Beans Caesar Salad Fruit Slushies Milk				Chicken Tenders Dinner Rolls Mashed Potatoes w/ Gravy Green Beans Applesauce Milk	BBQ Chicken Flatbread California Blend Vegetables Garden Salad Pears Milk
19	20	21	22	23		
Pepperoni Calzones Garlic Roasted Potatoes Broccoli Peaches Milk	Goldencrisp Chicken Bites Tossed Salad Roasted Carrots Yogurt Milk				Sloppy Joe Corn Spinach Salad Mixed Fruit Milk	Taco Salad Tortilla Chips Salsa Refried Beans Pineapple Milk
26	27	28	29	30		
Chicken Quesadilla Black Beans Salsa Mango Milk	Hamburger Wedge Fries Sweet Peas Fruit Sorbet Milk				Turkey Manhattan Mashed Potatoes w/ Gravy Green Beans Blueberries Milk	Beef Rotini Garlic Bread California Blend Vegetables Strawberries Milk