



Mount Saint Mary Academy

October 2017 LUNCH MENU



MAKE IT A MEAL
CHOOSE YOUR SIDE

Vegetable of the day
Mixed Salad
Roasted Potatoes
Mashed Potatoes
Onion Rings
Rice of the day
Beans

Sides will depend on
entrees of the day.

**A SELECTION
OF FRESH FRUIT
SERVED DAILY.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Cutlet Turkey Melt Cheese Tortellini Meatball Hero	3 Beef Stir-Fry Chicken Quesadilla Pulled Pork Sandwich Lasagna w/ Meat Sauce	4 Roasted Turkey Dinner Broccoli Quiche w/ Side Salad Popcorn Chicken Penne w/ vodka sauce	5 Vegetable Lo-Mein Mac & Cheese Wedges Chicken Tenders Taco Salad	6 Professional Development No Cafeteria
9 Columbus Day School Closed	10 Turkey Panini Spaghetti w/ Meatballs Chicken Parmigiana Philly Cheese Steak	11 Early Dismissal Pancakes Egg Sandwiches Parfaits & Fresh fruit	12 Pasta Alfredo Chicken Tenders Sausage & Peppers Hamburger/Cheeseburger	13 Chicken Nuggets Pizza Mozzarella Sticks Pasta w/ Garlic Bread Grilled Cheese
16 Chicken Parm Sausage & Peppers Chicken Pot Pie Turkey Panini Pizza Nugget's	17 Popcorn Chicken Shepherd's Pie Turkey BLT Wrap Stuffed Shells Chicken Cutlet	18 Early Dismissal Cheese omelets Egg Sandwiches Parfaits/ fresh fruit	19 Octoberfest Special Bratwurst, Small Pretzel & Root Beer Or Hot Dog Chicken Tenders Pasta Bacon Cheese Burger	20 Eggplant Macaroni & Cheese Personal Pizza Mozzarella Sticks Chicken Stir-Fry
23 Grilled Chicken Panini Pasta & Broccoli w/Garlic & Oil Turkey Bacon Melt Pizza Sticks	24 Chicken Caesar Pita Hamburger/Cheeseburger Chicken Marsala Penne Rosa BLT wrap	25 Barbecue Chicken Pasta Popcorn Chicken Two Taco's	26 Chicken Wings Vegetable Lo-Mein Chicken Tenders Pulled Pork	27 Personal Pizza Chicken Nuggets Eggplant Parmigiana Penne alla Vodka Mozzarella Sticks
30 Fusilli Pasta Bolognese Chicken Tenders Philly Cheese Steak Chicken Francese	31 Chicken Quesadilla Baked Ziti Panini - pulled pork Sausage parm wrap	Oktoberfest		