

October

St. Paul Catholic School

FOOD IN FOCUS



Daily Specials \$3.50

Grades 5th-8th Only

Monday Spicy Chicken Sandwich & Chips

Tuesday Tony 5" Cheese Pizza & Fruit

Wednesday Pretzel with Cheese & Fruit

Thursday Bacon Cheeseburger with Chips

Friday Chicken Strips & Fries Basket

Plate Lunch Prices

Pre-School \$ 4.00

Grades K-2nd \$ 4.50

Grades 3rd-8th \$ 4.85

Extra Entrée \$1.95

Ala Carte Milk or Bottled Water \$.50

Available Daily

Snack Rack & Drink Cooler

Many offerings & various prices

Sharon LaBarge
Cafeteria Manager
cafeteria@stpaulknights.org

Please Check your MYSCHOOLBUCKS Account

Thank you!

MENU IS SUBJECT TO CHANGE

Contact our dietitian
at lisa@foodserv.org for special
dietary concerns

For more information about FSC or
employment opportunities, please go to
www.foodserviceconsultants.org



MONDAY

Cheese Stuffed Bosco
Stick
OR
Pepperoni Hot Pocket
with
Fresh Veggies & Dip
Orange Wedges
Yogurt **2**

TUESDAY

Mini Corn Dogs
OR
Crispy Chicken Tenders
with
Tossed Salad
Vine-Ripened Grapes
Mini Rice Krispies Treat **3**

WEDNESDAY

PAPA JOHNS
CHEESE PIZZA

with
Orange Wedges
Carrots with Ranch **4**

THURSDAY

Chicken Snack Wrap
Or
Stadium Style Hot Dog
Fresh Vegetables
with Dip
Seasonal Fresh Fruit **5**

FRIDAY

Early Dismissal

No Lunch
Service **6**

Carnival Corn Dog
OR
Cheeseburger with Bun
with
Smiley Face Potatoes
Icy Blueberries
Flavored Jell-O **9**

Beef Toasted Ravioli
OR
Pasta with Red Sauce
with
Seasoned Broccoli
Mandarin Oranges
Chilled Pudding **10**

PAPA JOHNS
PEPPERONI PIZZA

with
Grapes
Fresh Veggies with
Ranch **11**

ST. LOUIS BLUES SPECIAL
Hockey Sticks (French
Toast)
Or
Mini Waffles
Hockey Puck (Sausage)
Goalie Fruit
Goal Net Hash Brown **12**

FRIDAY THE 13TH
Superstition Grilled Cheese
Or Dinosaur Chicken
Nuggets with
Scaredy Cat Fries
Broken Mirror Jell-O
Ghostly Grapes **13**

Turkey & Cheese Wrap
Or
Chicken Rings
with
Cheddar Goldfish
Seasonal Fresh Fruit
Mini Rice Krispies Treat **16**

Breaded Chicken Patty
Sandwich
OR
Grilled Hamburger
with
Golden French Fries
Fresh Veggies & Dip
Mandarin Oranges **17**

PAPA JOHNS
CHEESE PIZZA

with
Grapes
Carrots with Ranch **18**

Soft Beef Taco
OR
Chicken Nuggets
with
Fiesta Rice
Sweet Golden Corn
Sweet Strawberries **19**

Toasted Cheese Ravioli
OR
Fettuccini Alfredo Pasta
with
Steamed Broccoli
Breadstick
Mini Rice Krispies Treat **20**

Pancake & Sausage Bites
OR
Mini French Toast
with
Golden Hash Browns
Frosty Peaches
Yogurt **23**

HALLOWEEN SPECIAL
Ghoulish Hot Dog
Or
Scary Soft Pretzel with
Cheese
Spider Legs (Fries)
Freaky Fruit (Fruit Cocktail)
Halloween Treat **24**

PAPA JOHNS
PEPPERONI PIZZA

with
Orange Wedges
Fresh Veggies & Ranch **25**

Early Dismissal

No Lunch
Service **26**

No School

Fall Break **27**

No School

Fall Break **30**

No School

Fall Break **31**

Did you know?



The first Jack-o-Lanterns were made with turnips
and were thought to scare away evil spirits.