



St Joseph Elementary

October 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
	<i>All of our food is made fresh Daily.</i>	<i>Our Featured Wellness Item of the month is highlighted in orange.</i>		
2 Sloppy Joe on W/W Hamburger Bun 4 oz Sliced Carrots 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	3 Hamburger on a WW Bun 1ea Corn 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea	4 Baked Chicken Patty on a Whole Wheat Bun 1ea Maple Baked Beans 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea	5 W.G Chicken Nuggets 5ea Wrapped Whole Wheat Bread 1ea Broccoli 3/4C Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea	6 Whole Wheat Pizza 1ea Cauliflower 3/4 Cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz
9	10 Baked Chicken Sticks 8ea Wrapped WW Mountain Roll 1ea Red Beans 3/4 cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea	11 Beef Meatballs w/ Marinara Sauce 3ea Wrapped WW Hot Dog Bun 1ea Whole Baby Carrots 3/4 Cup 100% Apple Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	12 Cheese Ravioli w/ Marinara 3ea Wrapped Whole Wheat Bread 1ea Spinach 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	13 Whole Wheat Pizza 1ea Green Beans 3/4 Cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz
16 Mini Maple Chicken Pancakes 7 each Baked Home Fries 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz Maple Syrup PC 1ea	17 Crispy Chicken Breast on Whole Wheat Bun 3oz Broccoli 3/4C Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea	18 Grilled Cheese on WW Bread 1ea Red Beans 3/4 cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	19 Sliced Turkey w/ Gravy 2-1.75oz slices Wrapped WW Mountain Roll 1ea Honey Glazed Whole Baby Carrots 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	20 Whole Wheat Pizza 1ea Cauliflower 3/4 Cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz
23 Lean Beef Nachos w/ Cheese 2.5oz Lean Beef Taco Meat 2.5oz Shredded Cheddar .5 oz Black Beans 3/4c Bag Baked Tostitos Scoops 1ea Graham Crackers 3pk 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	24 Grilled Chicken Breast 1ea Wrapped WW Mountain Roll 1ea Mashed Potatoes 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea	25 Beef Chili 3oz Brown Rice 1/2 Cup Sliced Carrots 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	26 W.G Mini Corn Dog Nuggets 6 each Broccoli 3/4C Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Mustard 1ea	27 Whole Wheat Pizza 1ea Green Bean/Wax Bean Blend 3/4 cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz
30 Macaroni and Cheese 6oz Wrapped Whole Wheat Bread 1ea Sliced Carrots 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	31 W.G Chicken Nuggets 5ea Wrapped Whole Wheat Bread 1ea Corn 3/4 Cup Granny Smith Green Apple 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea			