



# OCTOBER | 2017

## St. Rose of Lima School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2 Hoosier Favorites Monday</b> Hearty Beef Stew Cornbread Salad Bar Vanilla Goldfish Grahams Fruit Milk Entrée Option: Turkey Sub w/ Relishes	<b>3 Go Global/Try It Tuesday</b> Asian Teriyaki Chicken Over Rice Stir Fry Veggies/Broccoli Mandarin Fruit Salad Naan Flatbread Milk Entrée Option: Asian Chicken Salad	<b>4 Little Italy Wednesday</b> Stuffed Crust Pizza Marinara Dipping Sauce Romaine Salad/Salad Bar Fruit Milk Entrée Option: Ham and Cheese Sub	<b>5 Taco Thursday</b> Beef Taco and Nachos Salsa/Toppings Bar Chili Style Beans South of the Border Fruit Milk Entrée Option: Taco Salad	<b>6 Meat-Free Friday</b> Grilled Cheese & Tomato Soup Relishes/Salad Bar Fruit Milk Entrée Option: PBJ Uncrustable
<b>9 National School Lunch Week</b> Chicken Fingers and Roll Potato Smiles Seasoned Green Beans Salad Bar Fruit and Milk Entrée Option: Turkey Club Wrap and SunChips	<b>10 Hispanic Heritage Lunch</b> Latino-inspired Chicken Stew Arepas (corn muffin) Roasted Root Vegetables De Ensalado Dulce de Bombones (fruit salad dessert) and Milk NO Entrée option today.	<b>11 National School Lunch Week</b> Penne Pasta w/ Italian Sausage Garlic Toast Romaine Salad/Salad Bar Fruit Milk Entrée Option: Italian Sub	<b>12 Chicken "Tinga" Tostada</b> Mexican Rice Fiesta Black Beans South of the Border Fruit Milk Entrée Option: Chef Salad	<b>13 National School Lunch Week</b> Mini-Cheese Raviolis w/ Marinara Sauce Bosco Breadstick Green Peas Romaine Salad/Salad Bar Fruit and Milk Entrée Option: PBJ
<b>16</b> Fall Break No School	<b>17</b> Fall Break No School	<b>18</b> Fall Break No School	<b>19</b> Fall Break No School	<b>20</b> Fall Break No School
<b>23</b> Baked Potato w/ Toppings Bar Steamed Broccoli Fruit/Yogurt Parfait Milk Entrée Option: Turkey Club Wrap w/ SunChips	<b>24 Brunch For Lunch</b> French Toast Sticks Scrambled Egg Sausage Link Hash Brown Patty Sliced Tomatoes 100%Fruit Juice and Milk Entrée Option: Chef Salad	<b>25</b> Spaghetti w/ Meat Sauce Garlic Toast Romaine Salad/Salad Bar Fruit Milk Entrée Option: Italian Sub	<b>26</b> Chicken Patty Sandwich Baked Beans Relishes/Dip Fruit Milk Entrée Option: Southwest Chicken Salad	<b>27</b> Baja Fish Sticks w/ Biscuit Macaroni and Cheese 3- Veggie Medley Calico Coleslaw/Salad Bar Fruit Milk Entrée Option: PBJ
<b>30</b> Hearty Beef Stew Cornbread Salad Bar Vanilla Goldfish Grahams Fruit and Milk Entrée Option: Turkey Sub w/ Relishes	<b>31 Happy Halloween!</b> Halloweenies (Corn Dogs) Jack O Lantern Relishes Creepy Baked Beans Monster Eyeballs (grapes) Skeleton Juice (Milk) Halloween Treat			

### Food For Thought

Our Go Global menu takes us to South and Central America this month. October also celebrates National School Lunch Week with its Recipes for Success theme.

Latin American cuisine includes rice, beans, and maize based dishes such as tamales and arepas (corn cakes), and a variety of salsas and sauces made with tomatoes, peppers, onion and garlic. Cumin, oregano and paprika are common seasonings. The students will have the chance to try this cooking on October 10th and 12th.

**HISPANIC HERITAGE MONTH**



**Celebrate  
Hispanic  
& Latino  
Heritage**

**September 15 to October 15**

**¡Mes de la Herencia Hispana!**

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