

BECKMAN CATHOLIC		OCTOBER LUNCH MENU		At least 50% of grains served are 51% or more whole grain rich
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
Each meal includes a choice of:	Some of our variety of fresh fruit we serve...		Breaded Pork Chop Mashed Potatoes & Gravy	BBQ Pork on Bun Sunchips
Skim White Milk or 1% White Milk or 1% Chcoloate Milk	strawberries, apples, grapes, watermelon, cantelope, bananas, clementines, kiwi blueberries, oranges, etc.		Dinner Roll Steamed Corn Strawberries/Sun Maid Raisins Strawberry Shortcake	Steamed Broccoli Fresh Fruit Mixed Fruit Strawberry/Blueberry Fruit Cup
5	6	7	8	9
Chicken and Noodles	Chili	Spaghetti with Meat Sauce	McRib on Bun	Soft Shell Taco
Breadstick	Cinnamon Rolls	Garlic Toast	Colossal Crisp Fries	Shr. Cheese/Shr. Lettuce/Salsa
Steamed Broccoli	Steamed Carrots	Steamed Mixed Vegetables	Steamed Corn	Refried Beans
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Tortilla Chips/Queso
Diced Pears	Diced Pineapple	Diced Peaches	Mixed Fruit	Fresh Fruit/Mand. Oranges
J*E*L*L*O	Fruit Slushie	Applesauce Cups	Strawberry/Blueberry Cup	Brownie
12	13	14	15	16
Pizza Crunchers	Chicken Fettuccini Alfredo	Hamburger on Bun	Chicken Patty on Bun	Weiner Wink
Marinara	Garlic Breadstick	Colossal Crisp Fries	Waffle Fries	Ranch Potato Wedges
Steamed Peas	Steamed Broccoli	Bush's Baked Beans	Steamed Green Beans	Steamed Mixed Vegetables
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Diced Pears	Mand. Oranges	Mixed Fruit	Diced Apricots	Diced Pineapple
Chocolate Pudding	Craisins	Rice Krispie Treat	Fruit Slushie	Cookie
19	20	21	22	23
Walking Taco	Corn Dogs	Homemade Sausage Pizza	Chicken Tenders	Orange Chicken
Shr. Cheese/Shr. Lettuce/Salsa	Tator Tots	Breadstick	Colossal Crisp Fries	Asian Seasoned Rice
Refried Beans	Steamed Broccoli	Steamed Mixed Vegetables	Dinner Roll	Stir Fry Vegetables
Fresh Fruit	Fresh Fruit	Fresh Fruit	Steamed Carrots	Fresh Fruit
Diced Peaches	Diced Pineapple	Diced Pears	Fresh Fruit	Mand. Oranges
Cookie	Applesauce Cups	Apple Crisp	Mixed Fruit	O'Henry Bar
26	27	28	29	30
BBQ Pork on Bun	Breaded Pork Chop	French Bread Pepperoni Pizza	French Toast	Chicken Nuggets
Sunchips	Mashed Potatoes & Gravy	RED Marinara Sauce	Syrup (Optional)	Mac-N-Cheese
Steamed Broccoli	Dinner Roll	Tortilla Chips/RED SALSA	Tri-Tators	Dinner Roll
Fresh Fruit	Steamed Corn	RED Strawberries	Sausage Links	Steamed Peas
Mixed Fruit	Fresh Fruit/Sun Maid Raisins	RED Apples	Fresh Fruit	Fresh Fruit/Diced Pineapple
Vanilla Pudding	Strawberry Shortcake	RED Strawberry Jello	Blueberries	ORANGE Sherbet

Peanut Butter/String Cheese or Deli Ham/String Cheese or Deli Turkey/String Cheese are available as an alternate to the main entree every day!

We will NOT offer pizza as a second option on Tu/Th, but look to ADD THAT BACK as soon as we can!

This institution is an equal opportunity provider

BECKMAN CATHOLIC		NOVEMBER LUNCH MENU			At least 50% of grains served are 51% or more whole grain rich
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2	3	4	5	6	
Chicken and Noodles	Chili	Spaghetti with Meat Sauce	Chicken Patty on Bun		
Breadstick	Cinnamon Rolls	Garlic Toast	Baked Chips	NO SCHOOL	
Steamed Broccoli	Steamed Carrots	Steamed Mixed Vegetables	Steamed Green Beans		2
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	TOY SHOW	
Diced Pears	Diced Pineapple	Diced Peaches	Diced Apricots		
J*E*L*L*O	Fruit Slushie	Applesauce Cups	Dried Creanberries		
9	10	11	12	13	
Pizza Crunchers	Chicken Fettuccini Alfredo	Hamburger on a Bun	Chicken Fajita	Goulash	
Marinara	Garlic Breadstick	Colossal Crisp Fries	Shr.Lettuce/Shr.Cheese/Salsa	Breadstick	
Steamed Peas	Steamed Broccoli	Bush's Baked Beans	Refried Beans	Steamed Corn	3
Fresh Fruit	Fresh Fruit	Fresh Fruit	Tortilla Chips/Queso	Fresh Fruit	
Sliced Pears	Mand. Oranges	Mixed Fruit	Fresh Fruit/Mand.Oranges	Diced Peaches	
Chocolate Pudding	Sun Maid Raisins	Rice Krispie Treat	Brownie	Fruit Slushie	
16	17	18	19	20	
Walking Taco	Corn Dogs	Homemade Sausage Pizza	Chicken Tenders	Orange Chicken	
Shr.Cheese/Shr.Lettuce/Salsa	Tator Tots	Breadstick	Colossal Crisp Fries	Asian Seasoned Rice	
Refried Beans	Steamed Broccoli	Steamed Mixed Vegetables	Dinner Roll	Stir Fry Vegetables	4
Fresh Fruit	Fresh Fruit	Fresh Fruit	Steamed Carrots	Fresh Fruit	
Diced Peaches	Diced Pineapple	Diced Pears	Fresh Fruit/Mixed Fruit	Mand. Oranges	
M&M Cookie	Applesauce Cups	Apple Crisp	Dried Cranberries	O'Henry Bar	
23	Thansgiving Meal 24	25	26	27	
Chicken Nuggets	Breaded Pork Chop				
Mac-n-Cheese	Mashed Potatoes & Gravy	NO SCHOOL	NO SCHOOL	NO SCHOOL	
Dinner Roll	Dinner Roll				1
Steamed Peas	Steamed Broccoli		THANKSGIVING		
Fresh Fruit	Fresh Fruit/Sliced Pears				
Diced Pineapple	Ice Cream Cup				
30					
BBQ Pork on a Bun			Each meal includes a	Some of our variety of	
Sunchips			choice of:	fresh fruit we serve...	
Steamed Corn			Skim White Milk	strawberries, apples, grapes,	
Fresh Fruit			or 1% White Milk	watermelon, cantelope,	
Mixed Fruit			or 1% Chcoloate Milk	bananas, clementines, kiwi	
Vanilla Pudding				blueberries, oranges, etc.	

Peanut Butter/String Cheese or Deli Ham/String Cheese or Deli Turkey/String Cheese are available as an alternate to the main entree every day!

Grab and Go Salads will be available daily - leaf lettuce or spinach with shredded carrots, cherry tomatoes, and either cucumbers or broccoli depending on availability

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