

Mount Mercy Academy Lunch Menu

October



Menu is subject to change. "This institution is an equal opportunity provider and employer"

2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 <i>Chicken Parm</i> Or <i>Fruit Yogurt cup</i> ----- <i>Mashed Potatoes</i> <i>Romaine Salad</i>	3 Tacos in a Bag Or Turkey Wrap ----- Rice Carrots	4 Chicken Patty Sandwich with buttered noodles ----- Romaine Salad	5 Pasta with Sauce Garlic bread and Salad	6
9	10 Chicken Fingers or Fruit Yogurt cup ----- French Fries Carrots	11 French Toast Sausage Patty or Egg Salad Sandwich ----- Hash Brown Patty Tomatoes	12 Pasta with Meat Sauce Or Hot Dog on a bun ----- Romaine Salad Broccoli	13 Grilled Cheese sandwich Or Turkey Wrap ----- Celery and Carrot sticks Tomato Soup
Sub Day!	17 Meatball Sub Or Grilled Cheese Sandwich Tomato Soup ----- Mashed Potatoes Corn	18 Chicken Patty Sandwich Or Turkey Bacon Club ----- Seasoned Noodles Navy Beans	19 Pasta with Sauce Or BBQ Chicken Sandwich ----- Romaine Salad Carrots	20 Pepperoni or Veggie Pizza or Ham/Cheese sandwich ----- Tomatoes/cucumbers Romaine Salad
18 Grilled Cheese Sandwich or Tacos ----- Rice Tomato Soup	24 Hotdog or Chicken fingers ----- French Fries Navy Beans	25 Chicken Patty Sandwich Or Turkey Sandwich ----- Baked Potato Green Beans	26 Pasta with Sauce or Tacos ----- Romaine Salad Corn	27 Pepperoni Pizza or Egg Salad Sandwich ----- Tortilla chips w/salsa Carrots
30 Mac and Cheese OR BLT Sub ----- Broccoli Corn	31 Pepperoni Pizza Or Sloppy Joe ----- Romaine Salad Carrots			

We Serve Daily

Fresh Julienne Salad w Roll
PBJ

Lunch Price \$2.45

We offer fresh or prepared fruits



and vegetables daily.

(Must take ½ cup of Fruit or Veggies)
**Non or Low Fat White or
Non Fat Chocolate Milk**

Start with a:

- Vegetable
- Fruit (or take both)
- Choose whole grains
- Pick a lean protein
- Add serving of milk

Take at least 3