



St. Leonard's School Lunch Menu

October
2023

Fresh Vegetables and Seasonal fruits are offered daily

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| 2 Beef Hot Dog on a Bun Baked Beans Crispy Chicken Nuggets Whole Grain Dinner Roll Baked Beans Vegetable Bar Fruit Choice Milk Choice | 3 Pizza Dippers Marinara Sauce Chef Salad Whole Grain Dinner Roll Steamed Green Beans Vegetable Bar Fruit Choice Milk Choice | 4 Crispy Chicken Sandwich Steamed Peas Cheeseburger on a Bun Steamed Peas Vegetable Bar Fruit Choice Milk Choice | 5 **NO SCHOOL** | 6 **NO SCHOOL** |
| 9 Mini Corn Dogs Potato Wedges Chicken Caesar Salad Whole Grain Dinner Roll Potato Wedges Vegetable Bar Fruit Choice Milk Choice | 10 Cheeseburger on a Bun Baked Beans Crispy Chicken Bites Whole Grain Dinner Roll Baked Beans Vegetable Bar Fruit Choice Milk Choice | 11 Macaroni & Cheese Whole Grain Dinner Roll Chicken Bacon Ranch Melt Steamed Carrots Vegetable Bar Fruit Choice Milk Choice | 12 **Local Apples** Chicken Pasta Bake Whole Grain Dinner Roll Beef Hot Dog on a Bun Steamed Green Beans Vegetable Bar Fruit Choice Milk Choice | 13 Cheese Pizza Vegetable Blend Italian Meatball Sub Vegetable Blend Vegetable Bar Fruit Choice Milk Choice |
| 16 Crispy Chicken Nuggets Whole Grain Dinner Roll Pretzel Bites & String Cheese Green Beans Vegetable Bar Fruit Choice Milk Choice | 17 Chicken & Cheese Quesadilla Refried Beans BBQ Rib Sandwich Refried Beans Vegetable Bar Fruit Choice Milk Choice | 18 Turkey BLT Wrap Roasted Corn Toasted Cheese Sandwich Roasted Corn Vegetable Bar Fruit Choice Milk Choice | 19 Cheeseburger on a Bun Mixed Vegetables Crispy Chicken Salad Whole Grain Dinner Roll Mixed Vegetables Vegetable Bar Fruit Choice Milk Choice | 20 Pepperoni Pizza Steamed Carrots Mini Corn Dogs Steamed Carrots Vegetable Bar Fruit Choice Milk Choice |
| 23 Grilled Ham & Cheese Sandwich Roasted Broccoli Brunchable Roasted Broccoli Vegetable Bar Fruit Choice Milk Choice | 24 Beefy Nachos Refried Beans Chef Salad Whole Grain Dinner Roll Refried Beans Vegetable Bar Fruit Choice Milk Choice | 25 Salisbury Steak Whole Grain Dinner Roll Popcorn Chicken Whole Grain Dinner Roll Mashed Potatoes Vegetable Bar Fruit Choice Milk Choice | 26 **NO SCHOOL** | 27 **NO SCHOOL** |
| 30 Macaroni & Cheese Whole Grain Dinner Roll Honey Mustard Ham Wrap Steamed Peas Vegetable Bar Fruit Choice Milk Choice | 31 Crispy Chicken Sandwich Baked Beans Pigs in a Blanket Baked Beans Vegetable Bar Fruit Choice Milk Choice | | | |

PRICES

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|--------------|--------|
| Regular | \$3.65 |
| Reduced | \$0.40 |
| Adult | \$4.65 |
| Milk | \$0.50 |
| Extra Entree | \$2.40 |

EXTRA INFO

Students must select 3 components one being a fruit or vegetable to be a meal. ALA carte charges to students will be Milk alone, extra or incomplete meals. Milk choice of 1%, Skim or Chocolate Skim is included with lunch. Questions: Deb Matson @ 262-971-1790 x4622 Deb.Matson@muskegonorway.org

HARVEST OF



THE MONTH

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Menus are subject to change without notice. This institution is an equal opportunity provider.