

CATASAUQUA MIDDLE SCHOOL OCTOBER '21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 Sausage, Egg & Cheese Sandwich on WG Bagel Assorted Fresh Fruit Hash Browns Baby Carrots Choice of Milk & Daily Selections	28 Catty Bowl with Mashed Pot. Corn, and Popcorn Chix and a WG Breadstick Side Salad Baby Carrots Choice of Milk & Daily Selections	29 Lasagna w/ Tom. Sauce WG Garlic Bread Assorted Fresh Fruit Steamed Green Beans Baby Carrots Choice of Milk & Daily Selections	30 Chickn Fryz with Dinner Roll Tater Tots Baked Beans Side Salad Baby Carrots Choice of Milk & Daily Selections	1 Sloppy Joe on WG Bun Assorted Fresh Fruit Steamed Peas Baby Carrots Choice of Milk & Daily Selections
4 Chicken Fingers w/ WG Pretzel Rod Assorted Fresh Fruit Steamed Broccoli Baby Carrots Choice of Milk & Daily Selections	5 Chicken Cheesesteak Assorted Fresh Fruit Green Beans Baby Carrots, Side Salad Choice of Milk & Daily Selections	6 Italian Hoagie on a WG Roll w/ Lettuce and Tomato Assorted Fresh Fruit Baked Beans Baby Carrots Choice of Milk & Daily Selections	7 Ham & Cheese Pretzelwich, WG Assorted Fresh Fruit Tater Tots Baby Carrots Choice of Milk & Daily Selections	8 Cheesesteak on a WG Roll Steamed Peas Assorted Fresh Fruit Baby Carrots Choice of Milk & Daily Selections
11 School Closed No Meals Served	12 WG Beef A Roni Side Salad Assorted Fresh Fruit Green Beans Baby Carrots Choice of Milk & Daily Selections	13 Soft Shell Tacos WG with Lettuce and Tomatoes Assorted Fresh Fruit Refried Beans Baby Carrots Choice of Milk & Daily Selections	14 Grilled Cheese Sandwich WG Tater Tots Assorted Fresh Fruit Baby Carrots Choice of Milk & Daily Selections	15 Buffalo Chicken Subs WG Steamed Peas Assorted Fresh Fruit Baby Carrots Choice of Milk & Daily Selections
18 Chicken Fingers w/ WG Pretzel Rod Assorted Fresh Fruit Steamed Broccoli Baby Carrots Choice of Milk & Daily Selections	19 French Toast Sticks WG with Syrup & Sausage Assorted Fresh Fruit Side Salad Baby Carrots Choice of Milk & Daily Selections	20 Meatball Sub On a WG Roll Assorted Fresh Fruit Baked Beans Baby Carrots Choice of Milk & Daily Selections	21 Chicken & Cheese Quesadilla WG Assorted Fresh Fruit Green Beans & Tater Tots Baby Carrots Choice of Milk & Daily Selections	22 Turkey Sub w/ Lettuce & Tomato on a WG Bun Assorted Fresh Fruit Steamed Peas Baby Carrots, Side Salad Choice of Milk & Daily Selections
25 Chicken Nuggets WG With WG Pretzel Rod Choice Of Fruit Steamed Broccoli Baby Carrots Choice of Milk & Daily Selections	26 Cheeseburger on a WG Bun Side Salad Assorted Fresh Fruit Tater Tots Baby Carrots Choice of Milk & Daily Selections	27 Hot Dog on a WG Bun Assorted Fresh Fruit Baked Beans Baby Carrots Choice of Milk & Daily Selections	28 Ham & Cheese Pretzelwich, WG Assorted Fresh Fruit Green Beans Baby Carrots Choice of Milk & Daily Selections	29 Cheese Calzone with a side of Marinara Assorted Fresh Fruit Steamed Peas Baby Carrots Choice of Milk & Daily Selections