

October 2017

The Crusader Café supports excellence through nutritious food for the health & well-being of each student.

LUNCH



The USDA is an equal opportunity provider and employer.



****We are excited to be offering a new item on the menu, "Chicken & Rice Bowls". It will consist of seasoned chicken, corn, black beans, rice, lettuce and cheese. Top it with salsa and sour cream!**



Monday

Three Cheese Ravioli **2**
Vegetable
Fruit
Salad
Choice of Milk

Tuesday

Spaghetti w/meat sauce **3**
Vegetable/Fruit
Breadstick
Salad
Choice of Milk

Wednesday

Crunchy Fish Sticks **4**
Vegetable/Fruit
Roll
Salad
Choice of Milk

Thursday

****Chicken & Rice Bowl** **5**
Tortilla Chips
Fruit
Salad
Choice of Milk

Friday

Bosco Stick **6**
Vegetable/Fruit
Salad
Choice of Milk
Dessert: Brownie

Chicken Nuggets **9**
Vegetable/Fruit
Roll
Salad
Choice of Milk

Sweet & Sour Chicken **10**
Over rice
Egg Roll/Fruit
Salad
Choice of Milk

Meat & Cheese Nachos **11**
Steamed Rice
Fruit
Salad
Choice of Milk

Hot Dog on Bun **12**
Baked Beans/Fruit
Salad
Choice of Milk
Dessert: Strawberry Shortcake

Fall Weekend **13**
No School

Cheese Quesadillas **16**
Vegetable
Fruit Smoothie
Salad
Choice of Milk

Crusader Bowls **17**
Fruit
Roll
Salad
Choice of Milk

Grilled Cheese **18**
Tomato Soup
Fruit
Salad
Choice of Milk

Crusader Breakfast Sand. **19**
Hash Brown
Orange Juice
Salad
Choice of Milk

Chicken Patty on Bun **20**
Vegetable/Fruit
Salad
Choice of Milk
Dessert: Apple Crisp

Turkey Sub Sandwich **23**
Carrot Sticks
Fruit
Salad
Choice of Milk

Homemade Lasagna **24**
Vegetable
Fruit
Salad
Choice of Milk

Chili **25**
Baked Potato
Fruit
Salad
Choice of Milk

Sloppy Joe on Bun **26**
Sweet Potato Fries
Fruit
Salad
Choice of Milk

Domino's Pizza **27**
Romaine Lettuce
Fruit
Choice of Milk
Dessert: Rice Krispie Treat

Chicken Noodle Soup **30**
Romaine Lettuce/Fruit
Bread Stick
Salad
Choice of Milk

Turkey Gravy on Mashed Potatoes **31**
Vegetable
Fruit
Salad
Choice of Milk

