## John F. Kennedy Catholic

## **Elementary Lunch**

October				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Ham & Cheese Sandwich Vegetable Sticks W/Hummus Fresh Fruit Milk	Beef Nachos Rice, Salsa, Sour Cream Fresh Fruit Milk	Cheese French Bread Pizza Garden Side Salad Fresh Fruit Milk	Chicken & Waffles Hash Brown Rounds Syrup Fruit Smoothie Milk	All Beef Hot Dog Cucumber Slices W/Ranch Dressing Baked Chips Fresh Fruit Milk
Crispy Chicken Patty Sandwich Sweet Potato Tots Fresh Fruit Milk	7 Walking Tacos W/Beef Black Beans Cheese & Sour Cream Fresh Fruit Milk	Popcorn Chicken Bowls Mashed Potatoes Corn Fresh Fruit Milk	Cheese Ravioli W/Marinara Garden Side Salad Bread stick Fresh Fruit Milk	Cheese Pizza Carrots with Ranch Dressing Baked Apples Milk
Meatball Sub Green Beans Fresh Fruit Milk	Chicken Quesadillas Seasoned Corn Sour Cream Fresh Fruit Milk	Hamburger or Cheeseburger Vegetable Sticks & Hummus Fresh Fruit Milk	Early Release No Lunch	Closed No Lunch
20 Grilled Chicken Sandwich Baked Beans Fresh Fruit Milk	Macaroni & Cheese Fresh Cucumber Slices with Ranch Fresh Fruit Milk	French Toast Sticks Turkey Sausage Hash Browns Syrup Mixed Berries	Sloppy Joes Sweet Potato Waffle Fries Fresh Fruit Milk	Orange Chicken Steamed Broccoli Fried Brown Rice Fortune Cookie Fresh Fruit Milk
Chicken Tenders Baked Potato Smiles Veggie Dippers Fresh Fruit Milk	Beef Tacos Seasoned Black Beans Cheese & Sour Cream Fresh Fruit Milk	BBQ Boneless Wings Biscuit Steamed Green Beans Fresh Fruit Milk	Lasagna Roll Ups Garden Side Salad W/G Dinner Roll Fresh Fruit Milk	Cheese Pizza Steamed Corn Fresh Fruit Milk

Alternate options:

1. E.Z Jammers with Whole Grain Goldfish and Mozzarella String Cheese. 2. BYO Pepperoni Pizza Bento Box. 3. Yogurt cup, WG Muffin, and Mozzarella String Cheese

## MAKE IT A MEAL!

A meal includes grain, protein, fruit, vegetable and milk. Be sure to take at least three components of a meal (including  $\frac{1}{2}$  cup of fruit or vegetable) to receive our meal pricing!

	K-5
BREAKFAST	\$2.50
LUNCH	\$4.00

Questions or special requests regarding food sensitivities?

Contact us! We're happy to work together to support your student!

## WE'RE HERE TO SERVE YOU!

Chef Manager Kimberly Warne Phone: 330-369-1804 ext. 2114

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