

Parish Day School Menu Oct 2024

	Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
Early AM Snack		Fruit and grain cereal bar Milk	Yogurt Granola	Banana Milk	Cheerios Milk
AM Snack		Cheese crackers Oranges Rm 13 Kroger or Cheez It	Vanilla wafers Bananas Rm 13 Kroger brand	Oyster crackers Apples Rm 13 Saltine	Pumpkin bread Milk Rm 13 Cereal bar
Lunch (with skim milk)		Cheese pizza Cucumbers Pineapple	Chicken teriyaki Rice Broccoli Peaches	Macaroni and cheese Broccoli Mixed fruit	Turkey and cheese on wheat bread Carrots Oranges
PM Snack		Animal crackers Banana Rm 13	Wheat crackers Apple juice	Ritz crackers Cheese sticks	Managers choice Apple juice

All highlighted items contain or may contain traces of egg.

Blue highlight items are on the menu and served in other rooms. An egg free substitute will be served to room 13.

Yellow highlight items are served in all lunch rooms and cannot be substituted.

*Menu is subject to change due to availability.
Managers choice may consist of any snack on the menu.*

Parish Day School Menu Oct 2024

	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Early AM Snack Served in the Johnson Roo	Cinnamon Chex Milk	Fruit and grain cereal bar Milk	Bananas Milk	Cheerios Milk	Blueberry muffins Milk
AM Snack	Ritz crackers Cheese sticks	Wheat crackers Oranges	Cinnamon toast crunch Apples	Vanilla wafers Bananas Rm 13 Kroger brand	Pretzels Yogurt
Lunch (with skim milk)	Tyson Chicken nuggets Wheat roll Green beans Applesauce	Chicken noodle soup Wheat roll Peas Pineapple	Beef Tacos Corn and black beans Peaches	Pancakes Scrambled Eggs Hash browns Mandarin oranges Rm 13 Sausage links	Ham and cheese on wheat bread Cucumbers Apples
PM Snack	Oyster crackers Apple juice Rm 13 Saltine crackers	Graham crackers Bananas Rm 13 Kroger brand	Cheese crackers Apple juice RM 13 Kroger or Cheez It	Wheat Saltine cracker Cheese	Managers choice Apple juice

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Parish Day School Menu Oct 2024

	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Early AM Snack		Fruit and grain cereal bar Milk	Banana Milk	Yogurt Granola	Cheerios Milk
AM Snack		Ritz crackers Apples Wheat saltines Cheese	Cheese crackers Oranges Rm 13 Kroger or Cheez It	Vanilla wafers Bananas	Apple sauce Goldfish
Lunch (with skim milk)		Fish sticks Wheat roll Green beans Mixed fruit	Cheese quesadillas Corn Pears	Beef and noodles Peas Peaches	Turkey and cheese on wheat bread Carrots Apples
PM Snack		Animal crackers Bananas Rm 13 Kroger Graham crackers	Oyster crackers Apple juice Rm 13 Wheat saltines	Wheat crackers Cheese stick	Manager choice Apple juice

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Parish Day School Menu Oct 2024

	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Early AM Snack	Cinnamon Chex Milk	Fruit and grain cereal bar Milk	Bananas Milk	Yogurt Granola Milk	Cheerios Milk
AM Snack	Wheat cracker Cheese sticks	Ritz crackers Apples	Pretzels Oranges	Graham crackers Bananas Rm 13 Kroger brand	Lucky charms Yogurt
Lunch (with skim milk)	Ham and cheese on wheat bread Cucumbers Pineapple	Chicken ranch wraps Broccoli Mixed fruit	Baked ziti Salad peaches	Grilled cheese Tomato soup Carrots Pears	Tyson chicken nuggets Wheat roll Green beans Fresh fruit
PM Snack	Animal cracker Apple juice Rm 13 Fig bar	Vanilla wafers Bananas Rm 13 Kroger brand	Oyster crackers Apple juice Rm 13 Saltine cracker	Wheat saltine Cheese	Managers choice Apple Juice

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Parish Day School Menu Oct 2024

	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday Nov. 1
Early AM Snack	Cinnamon Chex Milk	Fruit and grain cereal bar Milk	Yogurt Granola	Banana Milk	Cheerios Milk
AM Snack	Wheat saltine Cheese	Cheese crackers Oranges Rm 13 Kroger or Cheez It	Vanilla wafers Banana Rm 13 Kroger brand	Oyster crackers Apples Rm 13 Saltine crackers	Pumpkin bread Milk Rm 13 Cereal bars
Lunch (with skim milk)	Turkey and cheese on wheat bread Carrots Applesauce	Macaroni and cheese Broccoli Mixed fruit	Cheese Berger sliders French fries Pineapple	Tyson Chicken nuggets Wheat roll Green beans Peaches	Ham and cheese rollups Carrots Fresh fruit
PM Snack (with water unless otherwise noted)	Graham crackers Apple juice Rm 13 Kroger brand	Animal crackers Banana Rm 13	Wheat crackers Apple juice	Ritz crackers Cheese stick	Managers choice Apple juice

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