

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Alternate Lunch available everyday: PBJ, Ham or Turkey Sandwich w/Veggies, Fruit & Milk of the day. <i>Questions? sbushey@thesetonschools.org</i>		½ Cup Raw baby carrots offered everyday as vegetable substitute.		<i>Milk included with all lunches. Choice of FF Chocolate, FF White or 1% White.</i>	Student Lunch \$2.75 Adult Lunch \$4.00
1 <i>WG= whole grain WW= whole wheat FF= fat free</i>	2 Chicken Nuggets Buttered Noodles Broccoli WG Roll* Fresh Fruit	3 Corn Dog Baked Potato Wedges Baked Beans Pears	4 Chili Over WG Rice Corn WG Roll Fresh Fruit	5 Open Face Hot Turkey Sandwich/Gravy Squash Apple Crisp	6 WG Pepperoni or Cheese Pizza Toss Salad Oatmeal Raisin Cookie Fresh Fruit	7 <i>Extra milks \$.75 Each!</i>
8	9 <i>Columbus Day! No School!</i>	10 Hot Dog or Michigan On a WW Roll Tator Tots Baked Beans Fresh Fruit	11 WG Grilled Cheese Sandwich Vegetable Beef Soup Veggie Sticks Peaches	12 Crispitos WG Rice Broccoli Oatmeal Raisin Cookie Mandarin Oranges	13 Deli Day Choice of Meat W/lettuce, tomato & Cheese Veggie Sticks WG Chocolate Chip Cookie Fresh Fruit	14 <i><u>Seton Service Day</u> <u>October 13th.</u> Bag lunches will be available to order!</i>
15	16 Chicken Patty On a WW Roll Buttered Noodles Broccoli Fresh Fruit	17 Cheeseburger On a WW Roll Baked Tator Tots Baked Beans Applesauce	18 WG Pasta W/Meat Sauce Toss Salad WW Roll Pears	19 WG Pepperoni or Cheese Pizza Toss Salad Oatmeal Raisin Cookie Fresh Fruit	20 <i>NO SCHOOL! Diocesan Superintendents' Day</i>	21 <i>*High School Only. Different size portions required.</i>
22	23 Chicken Nuggets Buttered Noodles Green Beans WG Roll* Fresh Fruit	24 Chicken Fajita Wraps WG Rice Broccoli Peaches	25 Shepard's Pie WW Roll Carrots Fresh Fruit	26 Grilled Cheese Sandwich Chicken Noodle Soup Veggie Sticks Applesauce	27 Crispitos WG Rice Broccoli Oatmeal Raisin Cookie Fresh Fruit	28
29	30 Soft Taco w/Meat, cheese & lettuce WG Rice Carrots Fresh Fruit	31 Goulash Carrots WW Roll Mandarin Oranges			This institution is an equal opportunity provider and employer	<i>Menu subject to change without notice!</i>