

# DIOCESE OF LAKE CHARLES

# OCTOBER, 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Nachos Grande GB/Cheese/JP/SC IB Lettuce 1/4-1/2 Sweet Kernel Corn 1/2 Apple Wedges 1/2 HS Fruit 1/2 WG Yeast Roll
4 Cheeseburger WG Hamburger Bun Tomato Slices 1/4 IB Lettuce 1/8-1/4 French Fries 1/2 Orange Smiles 1/2 HS Fruit 1/2	5 Fiesta Soft Tacos GB/Cheese/SC/Lettuce Pinto Beans 1/2 Sweet Kernel Corn 1/2 Peach Slices 1/2 HS Fruit 1/2	6 Chili Mac WG Macaroni 1/2-1 C. Green Beans 1/2 <b>DG's</b> Salad 1/4-1/2 Pineapple Tidbits 1/2 HS Fruit 1/2	7 Turkey Roast, Gravy Red Beans 1/2 & Brown Rice 1/2-1 Cup Yam Patty 1/4-1/2 Applesauce 1/2 HS Fruit 1/2	8 Grilled Cheese Melt Sandwich Tomato Basil Soup 1/2 OR Baby Carrots 1/2 Broccoli Florets 1/4-1/2 Vegetable Dip Fruit Choice 1/2 HS Fruit 1/2
11 Italian Meat Sauce WG Pasta 1/2 Green Beans 1/2 <b>DG's</b> Salad 1/4-1/2 Pear Slices 1/2 HS Fruit 1/2 WG Garlic Roll	12 Chicken Nuggets Sweet Potato Fries 1/2 OR Sweet Potato Puffs Celery Sticks 1/4-1/2 Applesauce 1/2 HS Fruit 1/2 WG Dessert 3/4-1 GB	13 Salisbury Steak, Gravy Creamy Potatoes 1/2 <b>DG's</b> Salad 1/4 Cherry Tomatoes 1/4HS Peach Slices 1/2 HS Fruit 1/2 WG Yeast Roll	14 Chicken Stew/ Gumbo Brown Rice 1/2-1 Cup Black Eye Peas 1/2 Baby Carrots 1/4-1/2 Apple Wedges 1/2 HS Fruit 1/2	15 Chili Cheese Fries (GB/Cheese) French Fries 1/2 Broccoli Florets 1/2 Vegetable Dip Fruit Mix 1/2 HS Fruit 1/2
18 Nachos Grande GB/Cheese/JP/SC/ Salsa/Lettuce <b>Salsa 1/4 H.S.</b> Pinto Beans 1/2 Sweet Kernel Corn 1/4 OR Corn on the Cob 1/4 Peach Slices 1/2 HS Fruit 1/2	19 Hamburger WG Hamburger Bun Tomato Slices 1/4 IB Lettuce 1/8-1/4 French Fries 1/2 Pear Slices 1/2 HS Fruit 1/2	20 Chicken Alfredo WG Spaghetti 1/2 Yam Patty 1/2 (2) <b>DG's</b> Salad 1/4-1/2 Orange Smiles 1/2 HS Fruit 1/2 WG Garlic Roll	21 Pork Roast, Gravy Brown Rice <b>1/2-1 Cup</b> Sweet Peas 1/2 Cauliflower 1/4-1/2 Cheese Sauce (1/4 oz.) Spiced Apple Slices 1/2 HS Fruit 1/2	22 Cheese Pizza Broccoli Florets 1/2 Baby Carrots 1/4-1/2 Vegetable Dip Pineapple Tidbits 1/2 HS Fruit 1/2
25 Chili Hot Dog WG Hot Dog Bun French Fries 1/2 Mexican Beans 1/2 Fruit Mix 1/2 HS Fruit 1/2	26 Hamburger Steak, G. Brown Rice 1/2-1 Cup Broccoli 1/2 Cheese Sauce (3/4 oz. cheese) Yam Patty 1/4-1/2 Fruit Choice 1/2 HS Fruit 1/2	27 Chicken Nuggets Macaroni & Cheese 1/2 Fresh Baby Carrots 1/4 Cherry Tomatoes 1/4 Cucum. Sticks 1/4-1/2 Vegetable Dip Pear Slices 1/2 HS Fruit 1/2	28 Baked Chicken, Gravy Brown Rice <b>1/2-1 Cup</b> Lima Beans 1/2 Glazed Carrots 1/4-1/2 Fruit Choice 1/2 HS Fruit 1/2 Halloween Dessert	29 Nachos Grande GB/Cheese/JP/SC IB Lettuce 1/4-1/2 Sweet Kernel Corn 1/2 Apple Wedges 1/2 HS Fruit 1/2 WG Yeast Roll

**CHOICE OF MILK** ---1% White, Fat Free Chocolate & Strawberry

**Notification:** Peanuts/Peanut Butter are not used in our menus. However, some products may contain nuts, may be produced in plants that use nuts and may contain traces of nuts.

***This institution is an equal opportunity employer***