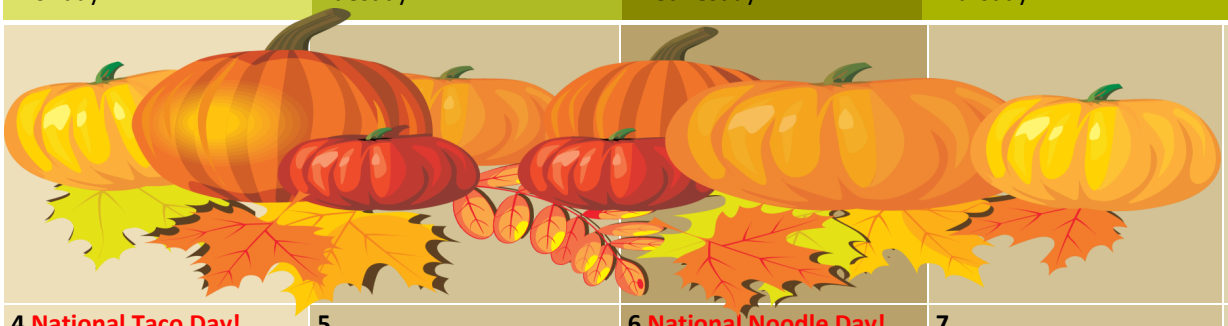
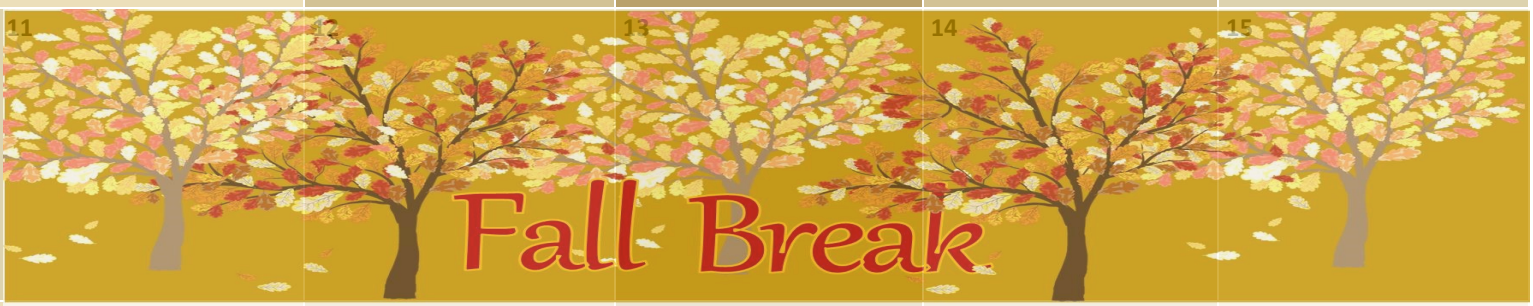
October 2021 — Sacred Heart Cathedral Preschool — Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				**1** **Cheese or Pepperoni Pizza** Sautéed Green Beans Fresh Mixed Fruit Cookie **EGG**
4 National Taco Day! **Chicken Soft Tacos** Caramel Churro **EGG** Mixed Vegetables Orange Slices	**5** **Hamburger** With Toppings Bar Sweet Potato Fries Baked Beans Diced Peaches	**6 National Noodle Day!** **Hand-breaded** **Chicken Tenders** French Fries Buttered Corn Apple Slices	**7** **Crispy Orange Chicken** Fried Rice Steamed Broccoli Mandarin Oranges	**8** **Cheese or Pepperoni Pizza** Garden Salad Fresh Mixed Fruit Cookie **EGG**
11	12	13	14	15
				
18 **Bacon Mac N' Cheese** Dinner Roll Buttered Peas Diced Peaches	**19** **Ground Beef Taco** Spanish Rice Steamed Corn **EGG** Diced Pears	**20** **Hand-breaded** **Chicken Tenders** Crinkle Cut Fries Super Food Slaw Honeydew	**21 National Apple Day!** **French Toast Sticks** Sausage Patty Potato Bites Syrup Apple Slices	**22** **Cheese or Pepperoni Pizza** Sautéed Green Beans Fresh Mixed Fruit Cookie **EGG**
25 World Pasta Day! **Chicken Alfredo** Garlic Breadstick Steamed Carrot Coins Cantaloupe	**26** **Carnitas Quesadilla** Caramel Churro **EGG** Mixed Vegetables Orange Slices	**27** **Hand-breaded** **Chicken Tenders** French Fries Green Beans Pineapple Chunks	**28** **BBQ Pork Sliders** Baked Beans Southwest Salad **EGG** Diced Pears	**29 National Breadstick Day!** **Cheese or Pepperoni Pizza** Steamed Broccoli Fresh Mixed Fruit Cookie **EGG**

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No High Fructose Corn Syrup, Trans Fats, Artificial Sweeteners, or MSG are used in our recipes.

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