



St Rocco Lunch Menu - October



A variety of fresh, local, vegetables and salads are offered daily on the menu.

Any questions, please contact the Director of Dining Services, Erin Shoemaker at @compass-usa.com

3	4	5	6	7
Italian-style Meatball Sandwich Local Herb Roasted Potatoes	<b>National Taco Day</b> Beef Taco Shredded Cheddar, Shredded Lettuce, Salsa, Sour Cream	Sweet & Sour Chicken Brown Rice Sesame Green Beans	<b>National Noodle Day</b> Pasta with Meat Sauce Roasted Broccoli	Pepperoni Pizza Tossed Salad
10	11	12	13	14
	<b>National School Lunch Week</b>			
	Chicken Noodle Soup Toasty Grilled Cheese Sandwich	Pasta & Meatballs Roasted Green Beans Dinner Roll	Homemade Mashed Local Potatoes, Diced Chicken and Gravy Seasoned Corn Dinner Roll	Classic Cheese Roasted Caesar Salad
17	18	19	20	21
<b>National Pasta Day</b> Mac & Cheese Local Butternut Squash Dinner Roll	Beef Nachos Shredded Cheddar, Shredded Lettuce, Diced Tomato Corn & Black Bean Salsa	<b>Local Apple Crunch Day!</b> Apple Cinnamon Yogurt Parfait Kale & Apple Salad Steere Farm Local Apples	Pepperoni Pizza Tossed Salad	Independent Learning Day
24	25	26	27	28
Breakfast for Lunch French Toast Hashbrown Chicken Sausage Patty	Fish Sticks French Fries	Creamy Chicken Alfredo and Broccoli with Pasta Dinner Roll	Cheese Quesadilla Roasted Broccoli	Classic Cheese Caesar Salad
31				
<b>Happy Halloween</b> Crispy Chicken Tenders Roasted Local Sweet Potatoes Dinner Roll				

Daily Alternate Options:

- 10/3-10/7 Grilled Cheese  
Pizza Fun Lunch
- 10/10-10/14: Chicken Nuggets  
Sunbutter Jelly Fun Lunch
- 10/17-10/21: Chicken Patty Sandwich  
Bagel Fun Lunch
- 10/24-10/28: Hot Dog  
Pretzel & Yogurt Fun Lunch
- 10/31-11/4: Cheeseburger  
Muffin Fun Lunch

Extra Extra

- 10/3-10/7 **Local** Apples, Orange Wedges, Red Pepper Strips, Roasted Broccoli, Roasted Garbanzo Beans, Cucumber & **Local** Apple Salad
- 10/11-10/14: **Local** Apples, Red Grapes, Grape Tomatoes, Caesar Salad, Mexican-inspired Corn, Homemade **Local** Applesauce
- 10/17-10/21: **Local** Apples, Bananas, Baby Carrots, spinach & Craisin Salad, BBQ Northern Beans, Jicama Slaw with Ginger **Local** Apples
- 10/24-10/28: **Local** Apples, Pears, Cherry Tomatoes, Broccoli Florets, Two Bean Salad, Warm Baked **Local** Apple Slices
- 10/31-11/4: **Local** Apples, Green Grapes, Carrot Sticks, Tossed Green Salad, Roasted Kidney Beans, **Local** Sweet Potato Salad

All items are made with whole grains.  
All meals are served with a variety of fruits and vegetables, local when available.  
All meals are served with milk (1% low fat white or fat free chocolate)  
Menu is subject to change.  
This institution is an equal opportunity provider.