

Resurrection Catholic School

October 2017 Lunch Menu

All lunches include choice of: Fat Free Chocolate or 1% White Milk.
 Lunch prices: Students \$2.70, Adults \$3.70, Milk (purchased separately) \$.50
 RCS Cafeteria: (717) 393-8891 or resurrectioncafeteria@aol.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Oven Baked Chicken Pieces WW Dinner Roll Mashed Potatoes Green Beans Apple	3. Peanut Butter and Jelly Sandwich on WW Bread Vegetable Soup Carrots w/Ranch Peaches	4. Pulled Pork Sandwich on WW Roll WGR Brown Rice Peas Celery w/Ranch Pineapples	5. Turkey Sub on WW Roll Baked Beans Cucumber w/Ranch Pears	6. WGR French Toast Sticks Scrambled Eggs Carrots Broccoli w/Ranch Strawberry Cup
9. <i>No School Columbus Day</i>	10. Bacon, Egg & Cheese on WW English Muffin Broccoli Crunchy Bonzo Beans Pears	11. Chicken Fajita on WGR Wrap Salsa Green Beans Broccoli w/Ranch Mixed Fruit Peaches	12. Yogurt Soft Pretzel Rods Cheese Stick Corn Side Salad Apple Grape Juice	13. WGR Pizza w/ Pepperoni Peas Carrots w/ Ranch Pineapples Peaches
16. Fish Fillet on WW Roll Oven French Fries Corn Pears Apple	17. Hamburger BBQ on WW Roll Baked Beans Broccoli Mixed Fruit Orange Juice	18. WGR Spaghetti with Meat Sauce Peas Carrots w/Ranch Mandarin Oranges Grape Juice	21. Chicken & Cheese Quesadilla (WGR Wrap) Green Beans Cucumber w/Ranch Salsa Applesauce Strawberry Cup	22. Hot Ham & Cheese on WW Roll Sweet Potato Wedges Celery w/Ranch Peaches Orange
23. WGR Crispy Chicken Sticks WGR Brown Rice Broccoli Cucumber w/Ranch Pineapples	24. Tuna and Noodle Casserole WW Dinner Roll Corn Carrots w/Ranch Pears	25. Hamburger on WW Roll Baked Beans Celery w/Ranch Pickles Apple Juice	26. WW Pancakes w/Syrup Turkey Sausage Patty Carrots Broccoli w/Ranch Applesauce	27. Chicken & Gravy Over WGR Noodles WW Dinner Roll Peas Celery w/Ranch Peaches
30. Grilled Cheese on WW Bread Tomato Soup Broccoli w/Ranch Mixed Fruit	31. Chili w/Beans WGR Noodles WW Dinner Roll Green Beans Cucumber w/Ranch Pears			

WGR =whole grain

WW=whole wheat