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| ***Resurrection Catholic School***October 2022 Lunch Menu **All lunches include choice of: Fat Free Chocolate or 1% White Milk.****Lunch prices: Students: $3.00, Adults: $4.00, Milk (purchased separately) $.50****RCS Cafeteria: 717-393-8891 or srife@rcspa.org** |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  3. Oven Baked Chicken PiecesWW Dinner RollMashed PotatoesGreen BeansPears | 4. Egg Salad on WW BreadVegetable SoupCarrots w/RanchPeachesWGR Cookie | 5. BBQ Pulled Pork on a WW RollWGR Brown RicePeasCelery w/RanchApplesauce | 6. Turkey Sub on WW RollBaked BeansCucumbers w/RanchOrangeApple Juice | 7. WGR French Toast SticksScrambled EggsCarrotsBroccoli w/RanchMixed FruitPineapples |
| 10.  No School | 11. Beef Tacos on WGR Shells w/Lettuce and TomatoSalsaCarrotsCelery w/RanchPeaches Apple | 12. Mini Corn DogsGreen BeansBroccoli w/RanchApplesaucePineapplesWGR Cookie | 13. Yogurt Soft PretzelsCheese Stick CornSide SaladOrangeGrape Juice | 14. WGR PizzaPeasCarrots w/RanchMixed FruitMandarin Oranges |
| 17. Hot Ham & Cheese on WW RollSweet Potato FriesCelery w/RanchPearsPineapples | 18. WGR Spaghetti w/Meat sauceWW Dinner RollPeasCarrots w/RanchPeachesApple  | 19. Hamburger BBQ on WW RollBaked BeansBroccoliApplesauceMandarin Oranges | 20. Beef Ravioli Cheese StickWW Dinner RollGreen BeansCucumber w/RanchOrangeApple Juice | 21. Fish Filet on WW RollOven French FriesCornMixed FruitPineapplesWGR Cookie |
| 24. WGR Chicken TendersWGR Brown RiceBroccoliCucumber w/RanchPears  | 25. WW Hot Dog Roll Up CornCarrots w/RanchPeachesWGR Cookie | 26. Hamburger on WW RollBaked BeansCucumbers w/RanchPickles Applesauce | 27. Chicken & Gravy over WGR NoodlesWW Dinner RollPeasCelery w/RanchOrange Juice | 28. WW PancakesTurkey Sausage PattyCarrotsBroccoli w/RanchMixed Fruit |
| 31. WGR Chicken NuggetsWW Dinner RollCornSeasoned Garbanzo BeansPears |  |  |  |  |

 WW=whole wheat WGR=whole grain Menu subject to change based on availability