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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 Pieces  WW Dinner Roll  Mashed Potatoes  Green Beans  Pears | 4. Egg Salad on WW Bread  Vegetable Soup  Carrots w/Ranch  Peaches  WGR Cookie | 5. BBQ Pulled Pork on a WW Roll  WGR Brown Rice  Peas  Celery w/Ranch  Applesauce | 6. Turkey Sub on WW Roll  Baked Beans  Cucumbers w/Ranch  Orange  Apple Juice | 7. WGR French Toast Sticks  Scrambled Eggs  Carrots  Broccoli w/Ranch  Mixed Fruit  Pineapples |
| 10.  No School | 11. Beef Tacos on WGR Shells w/Lettuce and Tomato  Salsa  Carrots  Celery w/Ranch  Peaches  Apple | 12. Mini Corn Dogs  Green Beans  Broccoli w/Ranch  Applesauce  Pineapples  WGR Cookie | 13. Yogurt  Soft Pretzels  Cheese Stick  Corn  Side Salad  Orange  Grape Juice | 14. WGR Pizza  Peas  Carrots w/Ranch  Mixed Fruit  Mandarin Oranges |
| 17. Hot Ham & Cheese on WW Roll  Sweet Potato Fries  Celery w/Ranch  Pears  Pineapples | 18. WGR Spaghetti w/Meat sauce  WW Dinner Roll  Peas  Carrots w/Ranch  Peaches  Apple | 19. Hamburger BBQ on WW Roll  Baked Beans  Broccoli  Applesauce  Mandarin Oranges | 20. Beef Ravioli  Cheese Stick  WW Dinner Roll  Green Beans  Cucumber w/Ranch  Orange  Apple Juice | 21. Fish Filet on WW Roll  Oven French Fries  Corn  Mixed Fruit  Pineapples  WGR Cookie |
| 24. WGR Chicken Tenders  WGR Brown Rice  Broccoli  Cucumber w/Ranch  Pears | 25. WW Hot Dog Roll Up  Corn  Carrots w/Ranch  Peaches  WGR Cookie | 26. Hamburger on WW Roll  Baked Beans  Cucumbers w/Ranch  Pickles  Applesauce | 27. Chicken & Gravy over WGR Noodles  WW Dinner Roll  Peas  Celery w/Ranch  Orange Juice | 28. WW Pancakes  Turkey Sausage Patty  Carrots  Broccoli w/Ranch  Mixed Fruit |
| 31. WGR Chicken Nuggets  WW Dinner Roll  Corn  Seasoned Garbanzo Beans  Pears |  |  |  |  |

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