



Don't forget to eat your vegetables.

# Catalyst Lunch Menu

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily on the Fruit & Vegetable Bar

October 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Farm to School Month</b> (2) Popcorn Chicken Bites with Buttered Noodles OR Crispy Chicken Salad  Steamed Corn	Beefy Nachos with Cheese Sauce OR Golden Corn Dog  Refried Beans	Tony's Cheese Pizza (4)  OR Pretzel Bites and Cheese Cubes  **HOM Apple** **Pumpkin Apple Muffin**	Ham, Egg & Cheese on an English Muffin OR BBQ Pulled Pork Sandwich  Tater Tots	Pizza Dippers with Marinara OR Hot Ham & Cheese Sandwich  Potato Chips **HOM~Squash**
<b>School Lunch Week</b> (9) Chicken Tenders and a Soft Pan Roll OR Classic Cheeseburger  Mashed Potato with Chicken Gravy	Pancakes with Fruit Topping & Ham Slice OR Philly Flatbread  Breakfast Potatoes	BBQ Chicken Sandwich Basket (11) OR Roasted Hot Dog Basket  Tator Tots Baked Beans	<b>Great Apple Crunch</b> (12) Pizza Dippers with Marinara OR Crispy Chicken Sandwich  Garden Green Beans **Birthday Cake**	NO SCHOOL
Meatball Pizza in a Bread Bowl (16) OR Golden Corn Dog  Potato Wedges	Beefy Nachos with Cheese Sauce (17) OR Chicken Bacon Ranch Melt  Refried Beans	<b>HOM Apples/Cinnamon</b> (18) BBQ Pulled Pork Sandwich OR Macaroni & Cheese with Garlic Toast  Creamy Coleslaw **HOM Cinnamon** *Warm Cinnamon Apples*	Meatballs & Gravy with Dinner Roll (19) OR Chicken Tenders & Dinner  Mashed Potatoes with Chicken Gravy	Tony's Cheese Pizza (20)  OR Cheeseburger
Soft Shell Chicken Fajitas with Salsa (23) Or Cheeseburger with Potato Chips  Garden Green Beans **Mini Rice Krispie Treat**	Pancakes with Sausage Patty (24) OR Pretzel Bites and Cheese Cubes  Breakfast Potatoes	Spaghetti with Meat Sauce and Garlic Bread (25) OR Hot Ham and Cheese Flatbread	Fish Nuggets Basket (26) OR Chicken Nugget Basket  Golden French Fries	NO SCHOOL
Popcorn Chicken over Rice with Dipping Sauce (30) OR Macaroni & Cheese with Garlic Toast  Green Peas	Halloween Shaped Chicken Nugget Basket (31) OR Grilled Cheese Basket  Tator Tots	Happy Halloween!	 Choose <b>MyPlate.gov</b>	

**PRICES**

Regular	\$2.40
Secondary	\$2.80
Reduced	\$0.40
Adult	\$3.30
Extra Milk	\$0.30



**EXTRA INFO**

Milk choice of 1% White, Skim or Chocolate Skim is included with lunch. For questions or comments contact the Food Service Director at: sbressle@newlondon.k12.wi.us or call 982-8434

For Lunch Account Info~Connie @ 982.3430

