



**MATER DOLOROSA
LUNCH MENU
OCTOBER 2022**



Monday	Tuesday	Wednesday	Thursday	Friday
10/3	10/4	10/5	10/6	10/7
1. Grilled Cheese Sandwich, Chili Roasted Sweet Potatoes, Fresh Fruit 2. Banana Berry Smoothie Bowl, Baby Carrots, Fresh Fruit 3. Sunshine Smoothie Bowl, Baby Carrots, Fresh Fruit	1. Cheese or Pepperoni Pizza, Steamed Corn, Chilled Fruit 2. Spicy Buffalo Chicken Noodle Bowl, Chilled Corn, Chilled Fruit 3. Grecian Noodle Bowl, Chilled Corn, Chilled Fruit	1. Chicken Tenders with BBQ Baked Beans and Tater Tots, Fresh Fruit 2. Ham and Cheese Sandwich, Black Beans, Fresh Fruit 3. Mediterranean Sandwich, Black Beans, Fresh Fruit	1. Cheddar Macaroni and Cheese with Dinner Roll, Steamed Green Beans, Chilled Fruit 2. Chef Salad with Dinner Roll, Celery Sticks, Chilled Fruit 3. Spicy Buffalo Chicken Salad with Dinner Roll, Celery Sticks, Chilled Fruit	1. BBQ Pulled Pork Sandwich, Steamed Broccoli, Fresh Fruit 2. Very Berry Smoothie Bowl, Fresh Broccoli Florets, Fresh Fruit 3. Tropical Smoothie Bowl, Fresh Broccoli Florets, Fresh Fruit
10/10	10/11	10/12	10/13	10/14
NO SCHOOL	1. Chicken Nachos, Steamed Carrots, Chilled Fruit 2. Turkey and Cheddar Ranch Sandwich, Baby Carrots, Chilled Fruit 3. Spicy Buffalo Chicken Sandwich, Baby Carrots, Chilled Fruit	1. Chicken Nugget Basket, Mexican Zucchini, Fresh Fruit 2. Garden Salad with Dinner Roll, Zucchini Coins, Fresh Fruit 3. Chicken Caesar Salad with Dinner Roll, Zucchini Coins, Fresh Fruit	1. Cheeseburger, Baked French Fries, Chilled Fruit 2. Sunshine Smoothie Bowl, Chilled Peas, Chilled Fruit 3. Tropical Smoothie Bowl, Chilled Peas, Chilled Fruit	1. Pollo Salteado with Arroz, Plantains, Black Beans, Fresh Fruit 2. Grecian Noodle Bowl, Black Beans, Fresh Fruit 3. Garden Noodle Bowl, Black Beans, Fresh Fruit
10/17	10/18	10/19	10/20	10/21
1. Cheeseburger, French Fries, Steamed Carrots, Fresh Fruit 2. Sunrise Smoothie Bowl, Baby Carrots, Fresh Fruit 3. Banana Berry Smoothie Bowl, Baby Carrots, Fresh Fruit	1. Cheese or Pepperoni Pizza, Steamed Broccoli, Chilled Fruit 2. Garden Noodle Bowl, Broccoli Florets, Chilled Fruit 3. Spicy Buffalo Chicken Noodle Bowl, Broccoli Florets, Chilled Fruit	1. Popcorn Chicken Bowl, Mashed Potatoes, Green Beans, Fresh Fruit 2. Ham and Cheese Sandwich, Zucchini Coins, Fresh Fruit 3. Spicy Buffalo Sandwich, Zucchini Coins, Fresh Fruit	1. Meatball Marinara Bowl, Steamed Corn, Baby Carrots, Chilled Fruit 2. Garden Salad with Dinner Roll, Chilled Corn, Baby Carrots, Chilled Fruit 3. Chicken Caesar Salad with Dinner Roll, Chilled Corn, Baby Carrots, Chilled Fruit	1. Sazon Pork Bowl, Black Beans, Plantains, Fresh Fruit 2. Very Berry Smoothie Bowl, Black Beans, Fresh Fruit 3. Banana Berry Smoothie Bowl, Black Beans, Fresh Fruit
10/24	10/25	10/26	10/27	10/28
1. Cheese or Pepperoni Pizza, Italian Chickpeas, Fresh Fruit 2. Tokyo Teriyaki Noodle Bowl, Italian Chickpeas, Fresh Fruit 3. Garden Noodle Bowl, Italian Chickpeas, Fresh Fruit	1. BBQ Chicken Sandwich, Steamed Corn, Chilled Fruit 2. Turkey Cheddar Ranch Sandwich, Chilled Corn, Chilled Fruit 3. Ham and Cheese Sandwich, Chilled Corn, Chilled Fruit	1. Soft Beef Tacos, Broccoli Lime Salad, Fresh Fruit 2. Garden Salad with Dinner Roll, Broccoli Lime Salad, Fresh Fruit 3. Chef Salad with Dinner Roll, Broccoli Lime Salad, Fresh Fruit	1. Crispy Chicken Sandwich, Steamed Carrots, Chilled Fruit 2. Sunshine Smoothie Bowl, Baby Carrots, Chilled Fruit 3. Tropical Smoothie Bowl, Baby Carrots, Chilled Fruit	1. BBQ Pulled Pork Sandwich, Celery Sticks, Fresh Fruit 2. Spicy Buffalo Chicken Noodle Bowl, Celery Sticks, Fresh Fruit 3. Garden Noodle Bowl, Celery Sticks, Fresh Fruit
10/31	11/1	11/2	11/3	11/4
NO SCHOOL	1. Sweet and Sour Chicken Burrito, Steamed Carrots, Chilled Fruit 2. Chef Salad with Dinner Roll, Baby Carrots, Chilled Fruit 3. Chicken Caesar Salad with Dinner Roll, Baby Carrots, Chilled Fruit	1. Cheeseburger, Italian Roasted Chickpeas, Fresh Fruit 2. Very Berry Smoothie Bowl, Italian Roasted Chickpeas, Fresh Fruit 3. Sunshine Smoothie Bowl, Italian Roasted Chickpeas, Fresh Fruit	1. Cheese or Pepperoni Pizza, Roasted Zucchini, Chilled Fruit 2. Tokyo Teriyaki Noodle Bowl, Zucchini Coins, Chilled Fruit 3. Grecian Noodle Bowl, Zucchini Coins, Chilled Fruit	1. Pavo al Horno with Dinner Roll, Habichuelas Guisadas, Steamed Broccoli, Fresh Fruit 2. Mediterranean Sandwich, Broccoli Florets, Fresh Fruit 3. Spicy Buffalo Chicken Sandwich, Broccoli Florets, Fresh Fruit
1% and Fat Free Flavored Milk Offered Daily, Sunbutter and Jelly Offered Daily, Chilled or Fresh Fruit Offered Daily				
PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES			Menu items are subject to change	