

OCTOBER 2024

St. Henry Middle and High School

October is National Apple Month. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Walking Taco 1 Iceberg Lettuce Cheese and Salsa Orange Milk Alt- Deli Meat Sandwich</p>	<p>Italian Meatball Sub 2 Cheese Stick Celery, Carrots and Ranch Pears Milk Alt- Deli Meat Sandwich</p>	<p>BBQ Rib Sandwich 3 Potato Wedges Applesauce 100% Fruit Juice Milk Alt- Deli Meat Sandwich PASTA BAR- No Salads</p>	<p>Pepperoni Stuffed Crust Pizza 4 Broccoli Craisins Fruit Milk Alt- Deli Meat Sandwich</p>
<p>7 NO SCHOOL!!!</p>	<p>Breakfast Bites 8 Sausage Link Cheesy Potatoes Applesauce Milk Alt- Deli Meat Sandwich</p>	<p>Chicken Alfredo 9 Green Beans Carrots Strawberry Cups HS- Yogurt Milk Alt- Chicken Salad Sandwich</p>	<p>Popcorn Chicken Bowl 10 Mashed Potatoes Corn Peaches Butter Bread Milk Alt- Deli Meat Sandwich</p>	<p>Pizza Boats 11 Romaine Lettuce Jonny Pop Fruit Milk Alt- Deli Meat Sandwich</p>
<p>Chicken Tenders Wrap 14 Lettuce Sweet Potato Puffs Pineapple Milk Alt- Deli Meat Sandwich</p>	<p>Soft Taco 15 Black Beans/ Salsa Mandarin Oranges HS- Carnival Cookie Milk Alt- Deli Meat Sandwich ASIAN BAR- No Salads</p>	<p>Sausage Sandwich 16 Yogurt Iceberg Lettuce Pears 100% Fruit Juice Milk Alt- Deli Meat Sandwich</p>	<p>Cold Meat Subs 17 Curly Fries Corn Peaches Milk Alt- Deli Meat Sandwich</p>	<p>French Bread Pizza 18 Romaine Lettuce Carrots and Ranch Applesauce Fruit Milk Alt- Deli Meat Sandwich</p>
<p>Chicken Patty Sandwich 21 Carrots and Ranch 100% Fruit Juice Pineapple Milk Alt- Deli Meat Sandwich</p>	<p>Loaded Mexican Tater Tots 22 Toppings Black Beans Pears Soft Pretzel Stick Milk Alt- Deli Meat Sandwich</p>	<p>Pizza Casserole 23 Texas Toast Broccoli Apple Slices Milk Alt- Chicken Salad Sandwich</p>	<p>Pulled Pork Nachos 24 Toppings Lettuce Applesauce Milk Alt- Deli Meat Sandwich</p>	<p>Cheese Pizza 25 Green Beans Baked Chips Fruit Frozen Yogurt Milk Alt- Deli Meat Sandwich</p>
<p>Hamburger Sandwich 28 Sweet Potato Fries Corn Applesauce Milk Alt- Deli Meat Sandwich</p>	<p>Taco Pizza 29 Iceberg Lettuce Black Beans Pineapple Chocolate Pudding Milk Alt- Deli Meat Sandwich</p>	<p>French Toast Sticks/ Syrup 30 Turkey Sausage Links Baby Carrots Banana Milk Alt- Deli Meat Sandwich</p>	<p>Beef & Noodles 31 Mashed Potatoes Peaches Dinner Roll Milk Alt- Deli Meat Sandwich</p>	

PLEASE NOTE: Menus are subject to change based on product availability

This institution is an equal opportunity provider.

****This is the first day Kindergarten is allowed to choose the alternate****