






Wauwatosa Catholic School
 1500 Wauwatosa Avenue
 Wauwatosa, WI 53213

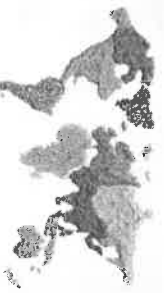
K-8 Hot Lunch



October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE This institution is an equal opportunity provider.				
4 NATIONAL TACO DAY Beef Taco on WG Tortilla with Shredded Cheese Taco Sauce Seasoned Beans Seasonal Fruit Choice of Milk 	5 BRUNCH FOR LUNCH WG Pancakes with Syrup Cup Chicken Breakfast Sausage Yogurt Cup Sunset Sip Juice Seasonal Fruit Choice of Milk	6 NATIONAL NOODLE DAY Non-WG Mac and Cheese WG Pretzel Breadstick Baby Carrots with Ranch Seasonal Fruit Choice of Milk 	7 Domino's Cheese Pizza Crunchy Broccoli with Ranch Seasonal Fruit Choice of Milk	1 WG Cheese Quesadilla Taco Sauce Packet Steamed Vegetables Seasonal Fruit Choice of Milk
11 WG Cheese Pizza Sticks (2) Marinara Sauce Cup Baby Carrots Seasonal Fruit Choice of Milk	12 Harvest Chicken Salad on WG Croissant Crunchy Broccoli with Ranch Seasonal Fruit Choice of Milk	13 WG Chicken Patty on WG Bun Mayo Packet Steamed Corn Seasonal Fruit Choice of Milk	14 GREAT LAKES GREAT APPLE CRUNCH WG Chicken Nuggets with BBQ Sauce Baby Carrots with Ranch Patterson Orchard Fresh Apple Choice of Milk 	15 Homemade Sloppy Joe on a Whole Grain Bun Baked Beans Seasonal Fruit Choice of Milk
18 BRUNCH FOR LUNCH Chicken Sausage, Egg Patty & Cheese Breakfast Sandwich on WG Biscuit Grape Jelly Sunset Sip Juice Seasonal Fruit Choice of Milk	19 Hamburger on WG Bun Ketchup Packet Steamed Corn Seasonal Fruit Choice of Milk	20 Orange Chicken over WG Brown Rice Crunchy Broccoli with Ranch Seasonal Fruit Choice of Milk	21 NATIONAL DAY OF THE NACHO Beef Nachos with WG Tortilla Chips (1 oz), Shredded Cheese, and Taco Packet Seasoned Beans Seasonal Fruit Choice of Milk 	22 BUILD YOUR OWN SUB Turkey Ham and Cheese on WG Roll with Mayo Baby Carrots with Ranch Seasonal Fruit Choice of Milk 
25 Baked Chicken Leg WG Biscuit with Margarine Steamed Corn Seasonal Fruit Choice of Milk	26 WG Chicken Patty on WG Bun Mayo Packet Baked Beans Seasonal Fruit Choice of Milk	27 Homemade Beef and Bean Chili with Shredded Cheese and Noodles Whole Grain Cornbread with Honey Seasonal Fruit Choice of Milk	28 Domino's Cheese Pizza Baby Carrots with Ranch Seasonal Fruit Choice of Milk	29 Meatballs in Marinara over Non-WG Pasta WG Breadstick Crunchy Broccoli with Ranch Seasonal Fruit Choice of Milk

WORLDFOODDAY



THIS WORLD FOOD DAY, ACT AGAINST HUNGER! #ACTXHUNGER

October 16th is World Food Day, a day when people around the world unite their voices and affirm their commitment to eradicate hunger in our lifetime. It is unacceptable that any man, woman, or child should be without adequate nutrition.

Source: <https://www.actiongainsthunger.org/world-food-day> For more recipes and ideas, click the QR Code!

