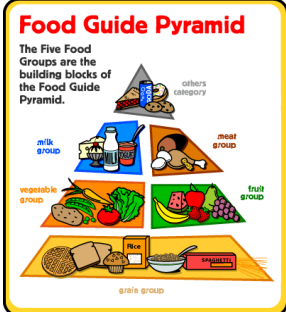


St. Patrick School
School Year 2017-2018
List of Ingredients for Lunch for the Month of October

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>2</p> <p>SPAGHETTI W GROUND BEEF</p> <p>Wheat Spaghetti Noodles Ground Beef Spaghetti Sauce Shredded Cheddar Cheese Basil Oregano Marjoram Thyme Garlic Ground Black Pepper</p>	<p>3</p> <p>CHICKEN CASSEROLE</p> <p>Chicken Cubes Mixed Vegetables Brown Rice Sweet sour sauce</p>	<p>4</p> <p>HAM SANDWICH</p> <p>Wheat Bread Slice of Ham Lettuce Tomato Onions Onions</p> <p>Optional: Mayonnaise Mustard Ketchup</p>	<p>5</p> <p>PORK SLIDER ON A BUN</p> <p>Sliced Pork Loin / Hamburger Bun Tomato Sauce Sugar/Molasses White Vinegar Hickory Smoked flavor Worcestershire Sauce Sea Salt Garlic Powder/Cayenne Pepper Ground Red Peppers/Black Pepper Caramel Color Xanthan Gum</p>	<p>6</p> <p>BAKED CHICKEN</p> <p>Chicken Breast Soybean Oil Vinegar Fructose Corn Syrup Salt Garlic Onion Red Bell Pepper Lemon Juice Caramel Flavor Annatto</p>
<p>9</p> <p style="text-align: center;">COLUMBUS DAY</p> <p style="text-align: center;">NO</p> <p style="text-align: center;">SCHOOL</p>	<p>10</p> <p>BEEF TACO</p> <p>Beef Taco Meat Taco Mix Shredded Lettuce Chopped Onions Taco Shell</p> <p>Optional: Salsa Shredded Cheese Sour Cream</p>	<p>11</p> <p>BEEF W GRAVY</p> <p>Ground Beef Chopped Onions Campbell's Brown Gravy</p>	<p>12</p> <p>CHEESE PIZZA</p> <p>English Muffin Shredded Cheese Pizza Sauce</p>	<p>13</p> <p>CHICKEN PATTY SANDWICH</p> <p>Breaded Chicken Patty Whole Wheat Bread</p> <p>Optional: Lettuce Tomato Mayonnaise Ketchup Mustard</p>
<p>16</p> <p>PORK BBQ SANDWICH</p> <p>Sliced Pork Loin Tomato Sauce Sugar/Molasses White Vinegar Hickory Smoked flavor Worcestershire Sauce Sea Salt Garlic Powder/Cayenne Pepper Ground Red Peppers/Black Pepper Caramel Color Xanthan Gum Wheat Bread</p>	<p>17</p> <p>HAM SANDWICH</p> <p>Wheat Bread Slice of Ham Lettuce Tomato Onions Onions</p> <p>Optional: Mayonnaise Mustard Ketchup</p>	<p>18</p> <p>SUNFLOWER BUTTER JELLY SANDWICH</p> <p>Sunflower Butter Spread Strawberry Jelly Spread Wheat Bread</p>	<p>19</p> <p>TUNA SALAD SANDWICH</p> <p>Tuna Chunk Chopped Celery Chopped Apples Pickle Relish Sliced Olives Ranch dressing Mayonnaise Wheat Bread Salt</p>	<p>20</p> <p>HOTDOG SANDWICH</p> <p>Turkey Hotdog Hotdog Bun</p> <p>Optional: Ketchup Mayonnaise Mustard</p>
<p>23</p> <p>CHICKEN FAJITA</p> <p>Chicken Fajita Meat Sliced Onions Sliced Bell Pepper Whole Wheat Tortilla</p> <p>Optional: Salsa</p>	<p>24</p> <p>PORK W SWEET SOUR SAUCE</p> <p>Sliced Pork Loin Tomato Puree Sugar White Vinegar Molasses Salt/Sea Salt Cornstarch Worcestershire Sauce Garlic Powder/Garlic/Onions Cayenne Pepper/Ground Red Peppers Caramel Color/Hickory Smoke Flavor</p>	<p>25</p> <p>GRILLED CHEESE SANDWICH</p> <p>Sliced Cheddar Cheese Butter Wheat Bread</p>	<p>26</p> <p>TURKEY W GRAVY</p> <p>Turkey Meat Chopped Onions Campbell's Turkey Gravy</p>	<p>27</p> <p>CHEESEBURGER</p> <p>Hamburger Patty Cheese Slice Wheat Round Bread</p> <p>Optional: Ketchup Mustard Mayonnaise</p>
<p>30</p> <p>CHICKEN NUGGETS</p> <p>Chicken white meat Wheat Flour Chicken Broth Yellow corn flour Brown Sugar Salt Yeast</p> <p>Optional: Ranch Sauce Ketchup</p>	<p>31</p> <p>SPAGHETTI W GROUND BEEF</p> <p>Wheat Spaghetti Noodles Ground Beef Spaghetti Sauce Shredded Cheddar Cheese Basil Oregano Marjoram Thyme Garlic Ground Black Pepper</p>			 <p>Food Guide Pyramid</p> <p>The Five Food Groups are the building blocks of the Food Guide Pyramid.</p> <p>Others category</p> <p>milk group</p> <p>meat group</p> <p>vegetable group</p> <p>fruit group</p> <p>grains group</p>