

Shepherd of the Hills Catholic School - Hot Lunch Menu

OCTOBER 2021

All meals are served at no cost to students.

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Chicken Nuggets French Fries Carrots Apple Slices Milk Choice	BBQ Pork Sandwich Baked Potato Pork & Beans Pears Milk Choice	Potato Soup Ham Sandwich Diced Peaches Saltine Crackers Milk Choice	Teacher Convention No School	Teacher Convention No School
11	12	13	14	15
Mini Corn Dogs Tater Tots Pork & Beans Carrots Pears Milk Choice	Pepperoni Pizza Broccoli Florets Diced Peaches Cookie Milk Choice	Chicken & Rice Corn Apple Slices WG Bread Milk Choice	Salisbury Steak Mashed Potatoes Green Beans Orange Slices WG Bread Milk Choice	Egg McMuffin Sandwich Hash Brown Potatoes Mixed Fruit Milk Choice
18	19	20	21	22
Hot Dog/Bun French Fries Pork & Beans Carrots Orange Slices Milk Choice	Chicken Sandwich Parsley Potatoes Corn Pears Milk Choice	Chili w/ Noodles Cheese Sandwich Mixed Fruit Saltine Crackers Milk Choice	Sliced Ham Scalloped Potatoes Green Beans Apple Slices WG Bread Milk Choice	Mozzarella Pizza Sticks Broccoli Florets Blueberry Cup Cookie Milk Choice
25	26	27	28	29
Chicken Nuggets Steak Fries Carrots Apple Slices Milk Choice	Sloppy Joes Baked Potato Pork & Beans Pears Milk Choice	Chicken Mashed Potatoes Corn Orange Slices WG Bread Milk Choice	Spaghetti Meat Sauce Green Beans Diced Peaches Garlic Bread Milk Choice	French Toast/Syrup Sausage Links Tater Tots Strawberry Cup Milk Choice

Menu items are subject to change without notice.

This institution is an equal opportunity provider.

WG = Whole Grain

Milk Choice = 1% Lowfat Vitamin A & D White or Chocolate Milk

Adult Meals: \$3.53, Ala Carte Milk: \$.35 per carton

<https://sothschool.weebly.com/hot-lunch.html>



Walking the path of Christ with love and service through a Catholic education.