

**Shepherd of the Hills Catholic School - Hot Lunch Menu**



# October 2023



Menu items are subject to change without notice.  
This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>10-2</b>	<b>10-3</b>	<b>10-4</b>	<b>10-5</b>	<b>10-6</b>
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	<b>Teacher Inservice No School</b>	<b>Teacher Inservice No School</b>
<b>10-9</b>	<b>10-10</b>	<b>10-11</b>	<b>10-12</b>	<b>10-13</b>
Mini Corn Dogs Tater Tots Pork & Beans Carrots Pears Milk Choice	Pepperoni Pizza Broccoli Florets Diced Peaches Cookie Milk Choice	Cheeseburger Casserole Green Beans Orange Slices WG Bread Milk Choice	<b>GREAT APPLE CRUNCH</b> Salisbury Steak Mashed Potatoes Green Beans Apple Slices WG Bread Milk Choice	Cheese Omelet Hash Brown Potatoes Mixed Fruit WG Bread Milk Choice
<b>10-16</b>	<b>10-17</b>	<b>10-18</b>	<b>10-19</b>	<b>10-20</b>
Hot Dog/Bun French Fries Pork & Beans Carrots Orange Slices Milk Choice	Chicken Sandwich Parsley Potatoes Garden Salad 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	<b>Parent/Teacher Conferences 8:30 - 12:30</b>  <b>No School</b>
<b>10-23</b>	<b>10-24</b>	<b>10-25</b>	<b>10-26</b>	<b>10-27</b>
<b>Wellness Day No School</b>	Sloppy Joes Baked Potato Garden Salad Pears Milk Choice	Hot Ham & Cheese Sandwich Hash Brown Potatoes Pork & Beans Orange Slices Milk Choice	Spaghetti w/Meat Sauce Green Beans Diced Peaches Garlic Bread Milk Choice	Macaroni & Cheese Sausage Links Peas Blueberry Cup Corn Bread Milk Choice
<b>10-30</b>	<b>10-31</b>	<b>WG = Whole Grain</b> <b>Milk Choice = 1% Lowfat Vitamin A &amp; D White or Chocolate Milk</b> <b>Student Meals: \$3.30</b> <b>Adult Meals: \$4.65, Ala Carte Milk: \$.40 per carton</b>  <a href="https://sothschool.weebly.com/hot-lunch.html">https://sothschool.weebly.com/hot-lunch.html</a>		
Hamburger/Bun French Fries Carrots Mixed Fruit Milk Choice	Brat/Bun Parsley Potatoes Pork & Beans Pears Milk Choice			