

BECKMAN CATHOLIC		OCTOBER LUNCH MENU		At least 50% of grains served are 51% or more whole grain rich
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 30	1	2	3	4
Breaded Pork Chop	Soft Shell Taco	Chicken Tenders	BBQ McRib on a Bun	Fettuccine Alfredo with Chicken
Mashed Potatoes	Shr. Cheese/Shr. Romaine	Ranch Potato Wedges	Sunchips	Breadstick
Gravy (Optional)	Fresh Diced Tomatoes	Dinner Roll	Mixed Vegetables	Cooked Broccoli
Cooked Peas	Refried Beans	Cooked Green Beans	Fresh Fruit/Fruit Cocktail	Fresh Fruit/Diced Peaches
Fresh Fruit/Diced Pineapple	Tortilla Chips/Salsa	Fresh Fruit/Mand. Oranges	Raisels	
Cookie	Fresh Fruit/Sliced Pears	Applesauce Cup Variety		
7	8	9	10	11
Chicken Nuggets	Hot Dog on a Bun	Homemade Sausage Pizza	Super Nachos/Taco Meat	Stromboli
Macaroni & Cheese	Baked Sour Cream Chips	Breadstick	Tortilla Chips	Cooked Corn
Cooked Peas	Mixed Vegetables	Cooked Carrots	Shr. Cheese/Shr. Romaine	Fresh Fruit
Fresh Fruit/Mixed Fruit	Fresh Fruit/Diced Peaches	Fresh Fruit/Diced Pears	Salsa/Diced Tomatoes	Mand. Oranges
Brownies	Applesauce Cup Variety	Cookie	Refried Beans	Fruit Slushie
			Fresh Fruit/Diced Pineapple	
14	15	16	17	18
Hamburger/Cheeseburger on a Bun	Orange Chicken	Corn Dog	Shr. BBQ Pork Sandwich	French Toast
Colossal Crisp Fries	Asian Seasoned Rice	Tator Tots	Baked Chips	Syrup (Optional)
Cooked Corn	Stir Fry Vegetables	Cooked Broccoli	Bush's Baked Beans	Sausage Links
Fresh Fruit/Diced Pears	Fresh Fruit/Mand. Oranges	Fresh Fruit/Mixed Fruit	Fresh Fruit/Diced Peaches	Tri-Tators
		Strawberry Shortcake	Fruit Bomb Pop	Fresh Fruit/Blueberries
21	22	RED RIBBON MENU 23	24	25
Walking Taco	Chili	Spaghetti with Meat Sauce	Chicken Fajita	
Shr. Cheese/Shr. Romaine	Cinnamon Roll	Garlic Toast	Tortilla Chips	NO BCHS LUNCH
Salsa/Diced Tomatoes	Fresh Fruit	Red Peppers/Radishes	Queso	
Refried Beans	Mand. Oranges	Fresh Watermelon	Cooked Corn	GALA SET-UP
Fresh Fruit/Diced Peaches	Applesauce Cup Variety	Fresh Strawberries	Fresh Fruit/Diced Pineapple	
Chocolate Chip Cookie Bar		RED JELLO		
28	29	30	31	
Diced Chicken over Noodles	Sloppy Joe on a Bun	Chicken Patty on Bun	Goulash	Some of our variety of fresh fruit that we serve... strawberries, apples, grapes, watermelon, cantelope, bananas, clementines, kiwi, blueberries, oranges, etc.
Breadstick	Baked Chips	Colossal Crisp Fries	Cheese Filled Breadstick	
Mixed Vegetables	Cooked Green Beans	Bush's Baked Beans	Cooked Broccoli	
Fresh Fruit/Fruit Cocktail	Fresh Fruit	Fresh Fruit/Diced Peaches	Fresh Fruit/Sliced Pears	
Applesauce Cup Variety	Mixed Fruit	Fruit Bomb Pop		

Peanut Butter or Deli (Ham or Turkey) Sandwiches are available as an alternate to the main entree every day!

****We will offer a HOT Pizza alternative entree item on Tuesdays and Thursdays - variety of pizza, french bread pizza, pizza crunchers****

We will offer a Fresh Veggie Bar DAILY with Romaine Lettuce and a variety of other raw Veggies.

Some examples of Veggies on the salad bar will be: Carrots, Red Peppers, Cucumbers, Broccoli, Celery, Green Peppers, and Radishes.

Each meal includes a choice of: 1% white milk or 1% chocolate milk or Skim White Milk

This institution is an equal opportunity provider