

# OCTOBER | 2023

## Holy Family Cafeteria



| MONDAY                                        | TUESDAY                                                                 | WEDNESDAY                                                    | THURSDAY                                                     | FRIDAY                                                            |
|-----------------------------------------------|-------------------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------|-------------------------------------------------------------------|
| 2<br>Pizza<br>Carrot Sticks<br>Salad Bar      | 3<br>Beef & Bean<br>Burrito<br>Salad Bar                                | 4<br>Popcorn Chicken<br>Mashed Potatoes<br>Corn<br>Salad Bar | 5<br>Sloppy Joe<br>Baked Fried<br>Salad Bar                  | 6<br>Scrambled Eggs<br>Sausage Patty<br>Biscuit<br>Salad Bar      |
| 9<br>Chicken Patty<br>Tator Tots<br>Salad Bar | 10<br>Choice of Soft or<br>Hard Shell Tacos<br>Corn Muffin<br>Salad Bar | 11<br>Grilled Cheese<br>Tomato Soup<br>Salad Bar             | 12<br>Chicken And Rice<br>Casserole<br>Broccoli<br>Salad Bar | 13<br>Mini Corn Dogs<br>Mac N Cheese<br>Salad Bar                 |
| 16<br>Turkey Sub<br>Chips<br>Salad Bar        | 17<br>Quesadilla<br>Spanish Rice<br>Salad Bar                           | 18<br>Cheese Burger<br>Baked Fries<br>Salad Bar              | 19<br>Sweet & Sour<br>Chicken<br>Fried Rice<br>Salad Bar     | 20<br>Salisbury Steak<br>Mashed Potatoes<br>Peas<br>Salad Bar     |
| 23<br>NO SCHOOL                               | 24<br>Walking Taco<br>Bar<br>Salad Bar                                  | 25<br>Pizza<br>Broccoli<br>Salad Bar                         | 26<br>Spaghetti<br>Garlic Bread<br>Salad Bar                 | 27<br>Chicken Nuggets<br>Potato Triangles<br>Carrots<br>Salad Bar |
| 30<br>Hot Dog<br>Curly Fries<br>Salad Bar     | 31<br>Chicken Noodle Soup<br>Breadstick<br>Salad Bar                    | 1                                                            | 2                                                            | 3                                                                 |

### News

### A LA CARTE (Grades 3 - 8)

Monday - Yogurt with  
Fruit

Tuesday - Chips &  
Cheese

Wednesday - Bosco  
Stick

Thursday - Soft Pretzel  
& Cheese

Friday - Chocolate  
Chip Cookies

Prices vary  
(50¢ - \$1.50)