

BECKMAN CATHOLIC		OCTOBER LUNCH MENU			At least 80% of grains served are whole grain rich (WGR). The remaining grains are enriched.				
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3		Alternate Pizza Option 4		5		Alternate Pizza Option 6		7	
Orange Chicken		Corn Dog		Beef & Noodles		Shredded BBQ Pork on Bun		Walking Taco (Doritos)	
Asian Seasoned Rice		Baked Chip Variety		Breadstick		Baked Potato/Sour Cream		Shr.Cheese/Shr.Lettuce/Salsa	
Stir Fry Vegetables		Steamed Green Beans		Steamed Peas		Steamed Broccoli		Refried Beans	
Fresh Fruit/Salad Bar		Fresh Fruit/Salad Bar		Fresh Fruit/Salad Bar		Salad Bar		Fresh Fruit/Salad Bar	
Mandarin Oranges		Sliced Pears		Mixed Fruit		Fresh Fruit		Cinnamon Applesauce	
Rice Krispie Treat		Apple Crisp		Dried Cranberries		Sliced Peaches		Brownie	
10		Alternate Pizza Option 11		12		Alternate Pizza Option 13		END of 1st Quarter 14	
Breaded Pork Chop		Weiner Wink		Chicken Fettuccini Alfredo		Goulash		Chicken Patty on Bun	
Mashed Potatoes & Gravy		Sunchips		Garlic Breadstick		Dinner Roll		Colossal Crisp Fries	
Dinner Roll		Bush's Baked Beans		Steamed Broccoli		Steamed Green Beans		Steamed Carrots	
Steamed Corn/Salad Bar		Fresh Fruit		Fresh Fruit/Salad Bar		Fresh Fruit /Salad Bar		Fresh Fruit/Salad Bar	
Fresh Fruit/Sliced Peaches		Salad Bar		Mandarin Oranges		Cinnamon Applesauce		Sliced Pears	
Chocolate Chip Cookie Bar		Diced Pineapple		Frozen Juice Drink		Berry Blue JELLO		Cookie	
17		Alternate Pizza Option 18		19		Alternate Pizza Option 20		GALA SETUP 21	
Chicken and Noodles		Hamburger on Bun		Soft Shell Taco		Chicken Strips		Hot Dog on Bun	
Garlic Breadstick		Smiley Potatoes		Shr.Cheese/Shr.Lettuce/Sour Cream		Colossal Crisp Fries		Sunchips	
Steamed Peas		Steamed Broccoli		Refried Beans		Dinner Roll		Bush's Baked Beans	
Fresh Fruit/Salad Bar		Fresh Fruit/Salad Bar		Tortilla Chips/Queso/Salsa		Steamed Carrots		Fresh Fruit/Salad Bar	
Mandarin Oranges		Strawberries		Fresh Fruit/Salad Bar		Fresh Fruit/Mixed Fruit		Sliced Peaches	
Chocolate Pudding		White Cake (strawberry shortcake)		Sliced Pears		Salad Bar/Dried Cranberries		Cookie	
RED RIBBON WEEK 24		Alternate Pizza Option 25		26		Alternate Pizza Option 27		28	
Spaghetti and Meat Sauce		BBQ McRib on Bun		Homemade Sausage Pizza		Chicken Fajita		Chicken Nuggets	
Garlic Toast		Colossal Crisp Fries		Breadstick		Shr.Cheese/Shr.Lettuce/Sour Cream		Mac-n-Cheese	
Steamed Mixed Vegetables		Steamed Corn		Steamed Carrots		Refried Beans		Dinner Roll	
Salad Bar		Fresh Fruit/Salad Bar		Fresh Fruit/Salad Bar		Tortilla Chips/Queso/Salsa		Steamed Broccoli	
Fresh RED Strawberries		Sliced Peaches		Mixed Fruit		Fresh Fruit/Salad Bar		Fresh Fruit/Salad Bar	
Fresh RED Apples		O'Henry Bar		Dried Cranberries		Cinnamon Applesauce		Sliced Pears	
HALLOWEEN 31									
ORANGE Chicken						Each meal includes a		Some of the variety of	
Asian Seasoned Rice						choice of:		fresh fruits we serve...	
Stir Fry Vegetables						1% White Milk		strawberries, apples, grapes,	
Fresh ORANGES						or Skim Chcoloate Milk		watermelon, cantelope,	
Sliced Peaches/Salad Bar						or Skim White Milk		bananas, clementines, kiwi	
Pumpkin Bar								blueberries, oranges, etc.	

Peanut Butter/String Cheese or Deli Ham/String Cheese or Deli Turkey/String Cheese are available as an alternate to the main entree every day!
We will offer a HOT pizza alternative entree item on Tuesdays and Thursdays - french bread pepperoni pizza or pizza crunchers with marinara
We will offer a fresh salad bar DAILY with Shredded or Chopped Lettuce and a variety of raw veggies.
Some examples of veggies on the salad bar will be: carrots, red peppers, green peppers, celery, broccoli, cauliflower, radishes, etc.
New for 22-23 School Year: We will have Farmtek Hilltop greens fresh leaf lettuce, cucumbers, and cherry tomatatoes available on the salad bar too!

This institutiion is an equal opportunity provider