



Providence Academy Lunch Menu

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Spaghetti with Meat Sauce* Garlic Breadstick Fruit Cup</p> <p style="font-size: small;">*Gluten free available</p> <p style="text-align: right; font-weight: bold;">1</p>	<p>Tasty N' Tender Burger* with Cheese Lettuce & Tomato French Fries Fresh Pears</p> <p style="font-size: small;">*Gluten free available</p> <p style="text-align: right; font-weight: bold;">2</p>	<p>Soup & Half Sub Sandwich* Carrot Sticks Dessert Treat</p> <p style="font-size: small;">*Gluten free available</p> <p style="text-align: right; font-weight: bold;">3</p>	<p>Chicken Teriyaki Basmati Rice Steamed Vegetable Fortune Cookie Fresh Pears</p> <p style="text-align: right; font-weight: bold;">4</p>	<p>Grilled Cheese on Texas Toast* Potato Smile Tomato Soup Goldfish Crackers</p> <p style="font-size: small;">*Gluten free available</p> <p style="text-align: right; font-weight: bold;">5</p>
<p>Chicken Tenders with Gravy Steamed Baby Red Potatoes Steamed Vegetable Fruit Cup</p> <p style="text-align: right; font-weight: bold;">8</p>	<p>Sweet Italian Sausage Cavatappi in Tomato Sauce* Garlic Breadstick Dessert Treat</p> <p style="font-size: small;">*Gluten free available</p> <p style="text-align: right; font-weight: bold;">9</p>	<p>Meatballs with Gravy Homemade Mashed Potatoes Steamed Vegetable Fruit Cup</p> <p style="text-align: right; font-weight: bold;">10</p>	<p>Hot Ham & Cheese Croissant Kettle Chips Carrot Sticks Dessert Treats</p> <p style="text-align: right; font-weight: bold;">11</p>	<p>Tri-Color Cheese Tortellini with Alfredo Sauce Steamed Broccoli Dessert Treat</p> <p style="text-align: right; font-weight: bold;">12</p>
<p>Oven-Roasted Turkey Homemade Mashed Potatoes with Gravy Steamed Vegetable Fruit Cup</p> <p style="text-align: right; font-weight: bold;">15</p>	<p>French Toast Sticks or Buttermilk Pancakes Sausage Link Tri Tator Yogurt Cup</p> <p style="text-align: right; font-weight: bold;">16</p>	<p>Three Cheese Chicken Penne Pasta with Alfredo Sauce* Steamed Broccoli Fruit Cup</p> <p style="font-size: small;">*Gluten free available</p> <p style="text-align: right; font-weight: bold;">17</p>	<div style="background-color: #e67e22; color: white; padding: 10px; border-radius: 5px; display: inline-block;">No School</div>	
<p>Gemelli Pasta with Meat Sauce* Garlic Breadstick Fruit Cup</p> <p style="font-size: small;">*Gluten free available</p> <p style="text-align: right; font-weight: bold;">22</p>	<p>Chicken Caesar Salad Garlic Breadstick Dessert Treat</p> <p style="text-align: right; font-weight: bold;">23</p>	<p>Honey-glazed Ham Cheesy Potatoes Steamed Vegetable Chocolate Chip Cookie</p> <p style="text-align: right; font-weight: bold;">24</p>	<p>Chicken Mini Taco Basmati Rice Pinto Beans Salsa Cup</p> <p style="text-align: center; font-weight: bold;">National Greasy Food Day</p> <p style="text-align: right; font-weight: bold;">25</p>	<p>Taher Three Cheese Pizza* Small Caesar Salad Ice Cream Cup</p> <p style="font-size: small;">*Gluten free available</p> <p style="text-align: right; font-weight: bold;">26</p>
<p>Sloppy Joe on a Bun Glazed Carrots Rice Krispy Bar</p> <p style="text-align: right; font-weight: bold;">29</p>	<p>Ziti Pasta with Meat Sauce* Garlic Breadstick Fruit Cup</p> <p style="font-size: small;">*Gluten free available</p> <p style="text-align: right; font-weight: bold;">30</p>	<p>Barbecue Chicken Drumsticks Macaroni & Cheese Steamed Vegetable Dessert Treat</p> <p style="text-align: right; font-weight: bold;">31</p>	<p style="text-align: center;">Harvest of the Month</p> <div style="text-align: center;">  </div> <p style="font-size: small; color: green;">Pears Beets Lemongrass</p>	<div style="text-align: center;">  <p style="font-size: x-small; color: white;">Choose MyPlate.gov</p> </div>



Fresh vegetables plus fresh and canned fruits are available daily with lunch from the Fruit & Vegetable Bar.

Daily Lunch Special Available at the Grill. See Grill Menu on the PA website or call 763-258-2535.

You can always get your menu questions answered by calling the Food Service Director at 763-258-2535.

A beverage selection is included with all lunches.

Students may choose from the following items:
Milk, Small Juice, Dannon Water.
Limit 2 per person.