



Providence Academy Lunch Menu

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Spaghetti with Meat Sauce* Garlic Breadstick Fruit Cup</p> <p><small>*Gluten free available</small></p> <p style="text-align: right;">2</p>	<p>Hot Ham & Cheese Croissant Kettle Chips Carrot Sticks Dessert Treat</p> <p style="text-align: right;">3</p>	<p>Sloppy Joe on a Bun* Steamed Vegetable Ice Cream Cup</p> <p><small>*Gluten free available</small></p> <p style="text-align: right;">4</p>	<p>Chicken Teriyaki Basmati Rice Steamed Vegetable Fortune Cookie Fruit Cup</p> <p style="text-align: right;">5</p>	<p>Grilled Shrimp Penne Pasta with Alfredo Sauce Garlic Breadstick Grape Tomatoes Dessert Treat</p> <p style="text-align: right;">6</p>
<p>Chicken Tenders with Gravy Steamed Baby Red Potatoes Steamed Vegetable Fruit Cup</p> <p style="text-align: right;">9</p>	<p>Sweet Italian Sausage Cavatappi in Tomato Sauce* Garlic Breadstick Caramel Apple</p> <p><small>*Gluten free available</small></p> <p style="text-align: right;">10</p>	<p>Meatballs with Gravy Homemade Mashed Potatoes Steamed Vegetable Oreo Cookie</p> <p style="text-align: right;">11</p>	<p>Soup & Half Sub Sandwich* Carrot Sticks Pudding Cup</p> <p><small>*Gluten free available</small></p> <p style="text-align: right;">12</p>	<p>Popcorn Shrimp Caesar Salad Garlic Breadstick Dessert Treat</p> <p style="text-align: right;">13</p>
<p>Cheeseburger on a Bun* Lettuce & Tomato French Fries Fruit Cup</p> <p><small>*Gluten free available</small></p> <p style="text-align: right;">16</p>	<p>Crispy Orange Chicken Basmati Rice Steamed Vegetable Fortune Cookie</p> <p style="text-align: right;">17</p>	<p>Three Cheese Chicken Penne with Alfredo Sauce* Steamed Broccoli Fruit Cup</p> <p><small>*Gluten free available</small></p> <p style="text-align: right;">18</p>	<div style="background-color: #FF8C00; color: white; padding: 10px; border: 1px solid black; display: inline-block;"> <h3 style="margin: 0;">No School</h3> </div>	
<p>Meatballs with Gravy Homemade Mashed Potatoes Steamed Vegetable Fruit Cup</p> <p style="text-align: right;">23</p>	<p>Ziti Pasta with Meat Sauce* Garlic Breadstick Fruit Cup</p> <p><small>*Gluten free available</small></p> <p style="text-align: right;">24</p>	<p>French Toast Sticks or Buttermilk Pancake Sausage Link Tri-Tator Yogurt Cup</p> <p style="text-align: right;">25</p>	<p>Oven Roasted Turkey Homemade Mashed Potatoes Steamed Vegetable Fruit Cup</p> <p style="text-align: right;">26</p>	<p>Taher Three Cheese Pizza* Small Caesar Salad Ice Cream Cup</p> <p><small>*Gluten free available</small></p> <p style="text-align: right;">27</p>
<p>Chicken Mini Taco Basmati Rice Pinto Beans Salsa Cup</p> <p style="text-align: right;">30</p>	<p>Butternut Squash & Cheese Ravioli With Alfredo Sauce Garlic Breadstick Pumpkin Ice Cream</p> <p style="text-align: right;">31</p>	<p style="text-align: center;">Harvest of the Month</p> <div style="text-align: center;">  <p style="font-size: small; color: green;">Local Apple Squash Cinnamon</p> </div>	<div style="text-align: center;">  </div>	<div style="text-align: center;">  <p style="font-size: x-small;">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.