



# Providence Academy

## Lunch Menu

# October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Crispy Orange Chicken</b> Basmati Rice Steamed Vegetable Fortune Cookie  September 30	<b>Sweet Italian Sausage Cavatappi*</b> <b>In Tomato Sauce</b> Garlic Bread Stick Dessert Treat *Gluten free available	<b>Chicken Caesar Salad</b> Garlic Bread Stick Caramel Apple	<b>Meatballs with Gravy</b> Homemade Mashed Potatoes Steamed Vegetable Dessert Treat	<b>Tri-Color Cheese Tortellini with Alfredo Sauce</b> Steamed Broccoli Dessert Treat
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>4</b>
<b>Tasty 'N Tender Burger*</b> With Cheese Lettuce & Tomato French Fries Fruit Cup  *Gluten free available	<b>Hot Ham &amp; Cheese Croissant</b> Kettle Chips Carrot Sticks Dessert Treat	<b>Maple-Glazed Baked Ham</b> Baby Red Potatoes with Chive Butter Steamed Vegetable Chocolate Chip Cookie	<b>Spaghetti with Meat Sauce*</b> Garlic Bread Stick Fruit Cup  *Gluten free available	<b>Grilled Cheese on Texas Toast*</b> Potato Smiles Tomato Soup with Goldfish Crackers  *Gluten free available
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>Chicken Teriyaki</b> Basmati Rice Steamed Vegetable Fortune Cookie	<b>Gemelli Pasta With Meat Sauce*</b> Garlic Bread Stick Fruit Cup  *Gluten free available	<b>Chicken Mini Tacos</b> Basmati Rice Pinto Beans Salsa Cup Fruit Cup	<b>No School</b>	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>Chicken Tenders with Gravy</b> Baby Red Potatoes Steamed Vegetable Sliced Minnesota Apples	<b>Penne Pasta with Meat Sauce*</b> Garlic Bread Stick Fruit Cup  *Gluten free available	<b>Hot Ham &amp; Cheese Croissant</b> Kettle Chips Carrot Sticks Fruit Cup	<b>Soup &amp; Half Sub Sandwich*</b> Carrot Sticks Pudding Cup  *Gluten free available	<b>Popcorn Shrimp Caesar Salad</b> Garlic Bread Stick Dessert Treat
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>Lemon Chicken</b> Basmati Rice Steamed Vegetable Fortune Cookie	<b>Ziti Pasta with Meat Sauce*</b> Garlic Bread Stick Sliced Minnesota Apples  *Gluten free available	<b>Oven-Roasted Turkey</b> Homemade Mashed Potatoes with Gravy Steamed Vegetable Dessert Treat	<b>Three Cheese Chicken Penne Pasta* with Alfredo Sauce</b> Steamed Broccoli Fruit Cup  *Gluten free available	<b>Harvest of the Month</b>  Local Apple Turnip Mace
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	



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

*Daily Lunch Special Available at the Grill for Middle and Upper School Students. See Grill Menu in the Great Room. 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.

