





# Co-Cathedral of St John's the Evangelist

October  
2020

## Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 ChooseMyPlate.gov			<b>1</b> Italian Pasta Bake Turkey Deli Sub Sandwich Roasted Cauliflower Cherry Tomato Fresh Apple	<b>2</b> Cheese Pizza Chicken Caesar Salad Green Beans Red Peppers
<b>5</b> Beefy Nachos w/Homemade Cheese Sauce Salsa Chicken Caesar Wrap Spicy Pinto Beans Mexican Corn	<b>6</b> BBQ Rib Sandwich 7 Layer Salad Kettle Potato Chips Green Beans	<b>7</b> Sloppy Joe on a Bun Pizza Munchable Baked Beans Broccoli Florets	<b>8</b> Lasagna Rollup with Sauce Garlic Toast Turkey Deli Sub Sandwich Celery Sticks Roasted Broccoli	<b>9</b> Cheeseburger on Bun Crispy Chicken Salad Golden French Fries Green Beans
<b>12</b> Pancakes Scrambled Egg Breakfast Potatoes Chicken Caesar Salad Celery Sticks Fresh Apple	<b>13</b> Popcorn Chicken Whole Grain Dinner Roll Mashed Potatoes Gravy Corn Turkey Deli Sub Sandwich	<b>14</b> Soft Beef Tacos Ham Munchable Refried Beans Salsa Romaine Lettuce Tomato Slices	<b>15</b> No School	<b>16</b> No School
<b>19</b> Cheeseburger on Bun Turkey BLT Wrap Golden French Fries Orange Halves	<b>20</b> Macaroni & Cheese Southwest Chicken Salad Roasted Broccoli Red Peppers	<b>21</b> BBQ Pulled Pork Sandwich Chef Salad Baked Beans Cherry Tomato	<b>22</b> Crispy Chicken Tenders Whole Grain Dinner Roll Chicken Taco Salad Corn Baby Carrots	<b>23</b> Cheese Pizza Pizza Munchable Roasted Cauliflower Celery Sticks
<b>26</b> Corn Dog Chicken Caesar Wrap Green Beans Celery Sticks	<b>27</b> Cheesy Italian Flatbread 7 Layer Salad Broccoli Florets Red Peppers	<b>28</b> Popcorn Chicken Whole Grain Dinner Roll Mashed Potatoes Gravy Corn Turkey Munchable	<b>29</b> Stromboli Marinara Sauce Turkey Deli Sub Sandwich Steamed Carrots Cucumber Slices	<b>30</b> No School

INFORMATION

\$1.00  
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EXTRA INFO

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HARVEST OF



THE MONTH

Your MENUS plus more  
information on our app  
Taher Food4Life®



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