

Lourdes High School Lunch Menu

In addition to our daily entree choices,
we also offer a sandwich and salad bar

October
2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Manicotti 2 sauces Nutty Lemon Broccoli Garlic Breadsick
4 Chicken and Rice Biscuit Fresh Cut Vegetables	5 Grilled Ham & Cheese Fruited Spinach Salad w/ Maple Balsamic Dressing Apple	6 Garlic Butter Parmesan Pasta California Blend Fresh Bread	7 Meatloaf Roasted Red Potatoes Roasted Cauliflower	8 Buffalo Mac N' Cheese Homemade Mac N' Cheese Cajun Chicken Mac Garlic Breadsick
11 Banh Mi Roast Chicken Sandwich Kettle Chips Marinated Cucumbers	12 Crunchwrap Supreme Fried Potatoes	13 Chefs Choice	14 Fettuccini w/ Chicken Arugula & Parmesan Roasted Root Vegetables Fresh Fruit	15 Croque Monsieur Sandwich Kettle Chips
18 Greek Gyro Pearl Couscous Salad	19 French Fried Potatoes French Dip	20 Spicy Chicken Sandwich BBQ Chicken Sandwich Tater Tots Grapes	21	22
25 Orange Glazed Chicken Breast with Rice Pilaf Garlic Green Beans	26 Italian Calzone Three Cheese Calzone Leafy Green Salad	27 Ultra Burger Bar French Fries	28 7" Personal Pizza, BBQ Bacon Chicken 7" Personal Pizza, Cheese 7" Personal Pizza, Chicken Alfredo Fresh Fruit	29 BLTG Sandwich Amablu Salad w/ Dressing

INFORMATION

Entree #1
Entree #2

\$5.95
\$4.95

EXTRA INFO

For questions or comments, contact:
Amy Renken, Food Service Director
arenken@rcsmn.org
Chef Jason Hughes
jason.hughes@rcsmn.org

HARVEST OF



THE MONTH

All the menu information on
our app Taher Food4Life®



www.taher.com

Menus are subject to change without notice.