

Lourdes High School Lunch Menu

October
2020

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Choose MyPlate.gov</p>			<p>1</p> <p>Cheese Manicotti with Alfredo or Marinara Bread stick Steamed Broccoli</p>	<p>2</p> <p>Pulled Pork Sandwich Baked Beans Curly Fries</p>
<p>5</p> <p>Ham & Cheese Sliders Sweet Potatoe Fries Cantaloupe</p>	<p>6</p> <p>Chicken Caesar Wrap Pineapple Pasta Salad</p>	<p>7</p> <p>Kentucky Hot Brown Sandwich Ranch Salad Pickles</p>	<p>8</p> <p>Sundried Basil Pesto Pasta Cheese Bread Parmesan Broccoli</p>	<p>9</p> <p>Chicken Wild Rice Soup Crusty Bread Hand Fruit</p>
<p>12</p> <p>Reuben Sandwich Coleslaw French Fries</p>	<p>13</p> <p>Beef and Broccoli White Rice Egg Roll</p>	<p>14</p> <p>Test Day, No Food</p>	<p>15</p> <p>MEA Break</p>	<p>16</p> <p>MEA Break</p>
<p>19</p> <p>Hot Beef Buns Onion Rings</p>	<p>20</p> <p>BLT Sandwich Kettle Chips Grapes</p>	<p>21</p> <p>Chicken and Rice Green Beans Almondine</p>	<p>22</p> <p>Tater Tot Nachos</p>	<p>23</p> <p>Mac 'N' Cheese Trio Bread Stick</p>
<p>26</p> <p>Chicken Salad Sandwich Kettle Chips Grapes</p>	<p>27</p> <p>Chili Cheese Beef Hot Dogs French Fries Hand Fruit</p>	<p>28</p> <p>Fish Sandwich Pub Fry</p>	<p>29</p> <p>Tater Tot Casserole Corn Dinner Roll</p>	<p>30</p> <p>No School</p>

INFORMATION

Entree #1 \$5.95
Entree #2 \$4.95

EXTRA INFO

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



THE MONTH

All the menu information on
our app **Taher Food4Life®**



www.taher.com

Menus are subject to change without notice.