




Holy Spirit Catholic School

OCTOBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Hot Ham & Cheese Sandwich W/G Bread Green Beans Banana	4 Tacos (soft shell) W/G tortilla Refried Beans, salsa Mixed fruit	5 W/G Chicken Nuggets W/G dinner roll Carrots Blueberries	6 W/G Pancakes Vanilla yogurt Tater tots Strawberries	7 DOMINOS Cheese Pizza Mixed greens Fruit	8
9	10 Hamburger/Cheeseburger W/G bun Baked beans Red grapes	11 Grilled Cheese Tomato soup Green beans Peaches	12 Chicken Alfredo W/G garlic stick Steamed broccoli Strawberries	13 Egg Croissant Sandwich Tater tots Mandarin oranges	14 DOMINOS 3k/4k Cheese Pizza K-8 Pepperoni Pizza Baby carrots Fruit	15
16	17 W/G Chicken Patty sandwich on W/G bun Vegetarian baked beans Pears	18 Rotini w/ Meat Sauce W/G garlic stick Green beans Applesauce	19 Tater Tot Casserole Dinner roll Strawberries	20 Vanilla Yogurt Parfait Goldfish Baby carrots Blueberries	21 DOMINOS 3k/4k Cheese Pizza K-8 Sausage Pizza Mixed greens Fruit	22
23	24 Open Face Hot Ham w/ Gravy W/g bread Mashed potatoes Strawberries	25 W/G Popcorn Chicken Rice w/ sweet n sour sauce Steamed Broccoli Pineapple	26 W/G Pizza Dippers Marinara sauce Green beans Fruit	27 NO SCHOOL 	28 NO SCHOOL 	29
30	31 Happy Halloween Mummy Dogs  Jack-O-Lantern Smile Fries Ghoulish Green Apple	Notes: "This institution is an equal opportunity provider." Milk Choices: 1% white & 1% chocolate Menu subject to change without notice				