

DuBois Central Catholic School Lunch



Head Cook: Louise Vasbinder
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Daily Variety Options May Include:
Baby Carrots, Broccoli,
Cauliflower, Green Peas, Legume
Salad, Dark Green Salad, Celery,
Cucumbers, Fresh Apples, Bananas,
Oranges, Grapes, Kiwi, Cantaloupe,
Watermelon, Pears, and Applesauce



Daily Variety Options May Include:
Peanut Butter & Jelly Sandwich
Turkey & Cheese Hoagie



Oct. 17th—Jamaican
Pork Over Rice



Monday	Tuesday	Wednesday	Thursday	Friday
Oct 2 Chef Salad w/ soft pretzel OR Popcorn Chicken w/ bread slice Oven Baked French Fries Fresh Apples Fat Free Milk	Oct 3 Buffalo Chicken Grilled Cheese Sandwich OR Cheeseburger on Bun Baked Beans Sliced Pears Fat Free Milk	Oct 4 Walking Taco OR Corn Dog Nuggets Refried beans Fresh Orange Fat Free Milk	Oct 5 Spaghetti w/ Meat sauce w/ Garlic Bread Stick OR Crispy Chicken Sandwich Corn Peaches Fat Free Milk	Oct 6 Tuna Melt on Pretzel Bun OR Cheese Pizza Green Beans Fresh Apple Fat Free Milk
Oct 9 French Toast W/Sausage Patty OR Chicken Nuggets w/ bread slice Tater Tots Sliced Peaches Fat Free Milk	Oct 10 Orange Kissed Chicken Bowl OR Cheeseburger on bun Broccoli Applesauce Fat Free Milk	Oct 11 Salisbury Steak w/ dinner roll OR Corn Dog on a stick Mashed Potatoes Banana Fat Free Milk	Oct 12 BBQ Pulled Pork Sand- wich OR Crispy Chicken Sand- wich Green Beans Banana Fat Free Milk	Oct 13 Macaroni and Cheese w/ dinner roll OR Cheese Pizza Stewed Tomatoes Pears Fat Free Milk
Oct 16 Hot Ham and Cheese Hoagie OR Popcorn Chicken w/ bread slice Baked Beans Peaches Fat Free Milk	Oct 17 Jamaican Pork over Rice OR Cheeseburger On Bun Tater Tots Fresh Apple Fat Free Milk	Oct 18 Beef Fajita W/Lettuce OR Corn Dog Nuggets Green Beans Peaches Fat Free Milk	Oct 19 Italian Dunkers OR Crispy Chicken Sandwich Mashed Potatoes Diced Peaches Fat Free Milk	Oct 20 Fish Sandwich w/ Cheese OR Cheese Pizza Steamed Broccoli Pears Fat Free Milk
Oct 23 BBQ Rib Sandwich OR Chicken Nuggets w/ bread slice Sweet Potato Casserole Applesauce Fat Free Milk	Oct 24 Italian Chicken over Pasta OR Cheeseburger on bun Fresh Romaine Salad Pears Fat Free Milk	Oct 25 Steak Salad w/ French fires and dinner roll OR Corn dog nuggets French Fries Mandarin Oranges Fat Free Milk	Oct 26 Chicken Bowl w/ bread OR Hot Dog on Bun Mashed Potatoes Banana Fat Free Milk	Oct 27 In-Service Day
Oct 30 Meatball Hoagie OR Chicken Nuggets w/ bread slice Corn Peaches Fat Free Milk	Oct 31 Baked Ziti OR Cheeseburger on Bun Broccoli Fat Free Milk			



***Must take at least one 1/2 cup of fruit or vegetable**

*Vegetable may includes:

Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber

***Fruits may include:**

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce



Milk Choices Offered Daily:
1% white, non-fat white, non-fat flavored

Breakfast Prices
Paid \$1.00
Reduced \$.30

Lunch Prices:
Paid \$2.70
Reduced \$.40

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MENUS SUBJECT TO CHANGE