

# DuBois Central Catholic School Lunch Menu



Head Cook: Louise Vasbinder  
814.372.3885



Monday	Tuesday	Wednesday	Thursday	Friday
Oct. 1 Grilled Cheese Sandwich Or Buffalo Chicken Pizza Steamed Carrots Sliced Peaches Fat Free Milk Choice	Oct. 2 Hamburger On Bun Or Hot Dog On Bun Steamed Broccoli Fresh Orange Fat Free Milk Choice	Oct. 3 Popcorn Chicken W/Dinner Roll Or Double Soft Shell Beef Tacos W/Cheese Sweet Buttered Corn Apple Sauce Fat Free Milk Choice	Oct. 4 Hamburger Gravy W/Mashed Potatoes W/2 Bread Slices Or Chicken Nuggets W/Bread Roasted Chickpeas Pineapple Fat Free Milk Choice	Oct. 5 Cheese Pizza Or Fish Fillet Sandwich Green Beans Pears Fat Free Milk Choice
Oct. 8 BBQ Rib Sandwich Or Orange Kissed Chicken Bowl W/Dinner Roll Steamed Peas Mandarin Oranges Fat Free Milk Choice	Oct. 9 French Toast Sticks W/2 Sausage Patties Or Cheeseburger on Bun Tater Tots Fresh Apple Fat Free Milk Choice	Oct. 10 Beef Nachos W/Cheddar Cheese Or Chicken Nuggets Fiesta Rice Green Beans Mixed Fruit Fat Free Milk Choice	Oct. 11 Turkey and Dressing Supreme Or Crispy Chicken Sandwich Sweet Buttered Corn Sliced Peaches Fat Free Milk Choice	Oct. 12 Cheese Pizza Or Fish Sticks W/Bread Slice French Fries Fresh Orange Fat Free Milk Choice
Oct. 15 Sloppy Joe On Bun Or Italian Dunkers W/Dipping Sauce Green Beans Apple Sauce Fat Free Milk Choice	Oct. 16 Spaghetti & Meatballs W/Garlic Toast Or Corn Dog Nuggets Tossed Garden Salad Pineapple Fat Free Milk Choice	Oct. 17 Fiestada Pizza Or Turkey & Cheese On Pretzel Bun Steamed Carrots Pears Fat Free Milk Choice	Oct. 18 Popcorn Chicken Bowl W/Bread Slice Or Hamburger On Bun Sweet Buttered Corn Mandarin Oranges Fat Free Milk Choice	Oct. 19 Cheese Pizza Or Mac & Cheese W/Pretzel Tater Tots Fresh Apple Fat Free Milk Choice
Oct. 22 Hot & Spicy Crispy Chicken Sandwich Or Meatball Hoagie Steamed Carrots Mixed Fruit Fat Free Milk Choice	Oct. 23 French Toast Sticks W/2 Sausage Patties Or Hot Dog On Bun Tator Tots Sliced Peaches Fat Free Milk Choice	Oct. 24 Beef Nachos W/Cheddar Cheese & Bread Or Chicken Fajita Bacon Ranch Wrap Or Steamed Corn Fresh Orange Fat Free Milk Choice	Oct. 25 Chicken & Gravy Over Biscuits Or Cheeseburger On Bun Mashed Potatoes Apple Sauce Fat Free Milk Choice	Oct. 26 Cheese Pizza Or Grilled Cheese Sandwich Mixed Vegetables Pineapple Fat Free Milk Choice
Oct. 29 Pepperoni Rolls W/Marinara Sauce Or Hot Ham & Cheese On Pretzel Bun Steamed Carrots Pears Fat Free Milk Choice	Oct. 30 Cheesesteak Hoagie Or Walking Tacos W/Bread Slice Steamed Peas Mandarin Oranges Fat Free Milk Choice	Oct. 31 Mummy Dogs Or Crispy Chicken Sandwich Sweet Buttered Corn Fresh Apple Fat Free Milk Choice		



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  
Ham & Cheese Sandwich, Bologna &  
Cheese Sandwich, Breaded  
Chicken Salad



**\*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:**  
non-fat white, non-fat flavored

**Breakfast Prices**  
Paid \$1.00  
Reduced \$.30

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

The USDA is an equal opportunity  
provider and employer.

**MENUS SUBJECT TO CHANGE**