

Shepherd of the Hills Catholic School - Hot Lunch Menu



Menu items are subject to change without notice.
This institution is an equal opportunity provider.

No School October 1 & 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5	6	7	8	9
Cheeseburger/Bun Waffle Fries Pork & Beans Carrots Mixed Fruit Milk Choice	Pepperoni Pizza Broccoli Florets Diced Peaches Cookie Milk Choice	Chicken Parmesan Rotini Noodles Garlic Bread Garden Salad Applesauce Milk Choice	Fish Sticks French Fries Broccoli Florets Yogurt Cup Milk Choice	Pancakes w/Syrup Sausage Links Tater Tots Berry Blast Fruit Cup Milk Choice
12	13	14	15	16
Hot Dog/Bun French Fries Carrots Orange Slices Milk Choice	Mashed Potato Bowl Popcorn Chicken/Gravy Corn Pears Milk Choice	Salisbury Steak Mashed Potatoes/Gravy Green Beans Applesauce WG Bread Milk Choice	Grilled Ham & Cheese Sandwich Waffle Fries Pork & Beans Mixed Fruit Milk Choice	Cheese Omelet Hash Brown Potatoes English Muffin Yogurt Cup Milk Choice
19	20	21	22	23
Macaroni & Cheese Chicken Nuggets Corn Berry Blast Fruit Cup WG Dinner Roll Milk Choice	Cheeseburger Casserole Green Beans Orange Slices WG Bread Milk Choice	Chicken & Rice Corn Apple Slices WG Dinner Roll Milk Choice	Soft Shell Tacos Seasoned Rice Refried Beans Applesauce Milk Choice	Chicken & Waffles w/Syrup Hash Brown Potatoes Banana Milk Choice
26	27	28	29	30
Spaghetti w/Meat Sauce Green Beans Applesauce Garlic Bread Milk Choice	Chicken Sandwich Pasta Salad Mixed Veggies Pears Milk Choice	Tater Tot Casserole Broccoli Florets Diced Peaches WG Dinner Roll Milk Choice	Mini Corn Dogs Waffle Fries Pork & Beans Carrots Pears Milk Choice	French Toast w/Syrup Sausage Links Tater Tots Strawberry Cup Milk Choice

Lunch (3K-8): \$3.75
Reduced Lunch: \$.40
A la carte Milk: \$.50
Adult Lunch: \$5.00
WG = Whole Grain
Milk Choice = 1% Low-fat Vitamin A & D White or Chocolate Milk
[Free & Reduced - School Website - Hot Lunch Page](#)

ENCOURAGE YOUR CHILDREN TO TRY THESE GREAT NEW MENU ITEMS IN OCTOBER!

- Chicken Parmesan
- Mashed Potato Bowl
- Chicken & Waffles
- Tater Tot Casserole (contains peas and corn)