







Elk County Catholic High School & St. Marys Catholic Middle School



October 2024 Cafeteria Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Pattie Sandwich with Lettuce and Tomato Slices Carrots Fruit Choice Milk	2 French Toast Sticks with Syrup Baked Ham Slices Tator Tots Fruit Choice Milk	3 Penne Pasta with Meatballs and Sauce Garlic Bread Stick Tossed Salad with Tomato Fruit Choice, Milk	4 French Bread Pizza Baked Beans Fruit Choice Milk 
7 Soft Taco with Cheese, Lettuce, Salsa & Sour Cream Green Beans Fruit Choice Milk	8 Cheeseburger on a Bun Baked Beans Fruit Choice Milk	9 Roast Turkey & Gravy over Mashed Potatoes WG Dinner Roll Fruit Choice Milk	10 Meatball Sub topped with Mozzarella Cheese Tossed Salad with Tomato Fruit Choice Milk	11 Italian Dunkers with Dipping Sauce Fresh Baby Carrots Fruit Choice Milk
14 Chicken Fajita Wrap with Cheese, Peppers & Onions Baked Beans Fruit Choice Milk	15 Fiesta Pizza topped with Lettuce & Diced Tomatoes, Taco Sauce & Sour Cream Tossed Salad Fruit Choice, Milk	16 Linguini Pasta with Chicken and Alfredo Sauce Steamed Broccoli Fruit Choice Milk	17 Taco Salad with Cheese, Salsa & Sour Cream Garden Seasoned Carrots Fruit Choice Milk	18 Our Own Macaroni & Cheese Golden Sweet Corn Fruit Choice Milk
21 The Greatest Goulash Ever Garlic Bread Stick Tossed Salad with Tomato Fruit Choice Milk	22 Buffalo Chicken Wrap with Cheese & Lettuce Baked Beans Fruit Choice Milk 	23 Nachos topped with Meat & Cheese Sauces Sweet & Savory Carrots Fruit Choice Milk	24 Teriyaki Chicken & Rice Bowl Steamed Broccoli Fruit Choice Milk	25 No School- Act 80 Day
28 BBQ Ham Sandwich Carrots with Dill Seasoning Macaroni Salad Fruit Choice Milk	29 Grilled Chicken Salad with Cheese & Croutons WG Dinner Roll Fruit Choice Milk	30 Mashed Potato Bowl topped with Popcorn Chicken & Gravy WG Dinner Roll Fruit Choice Milk	31 Sloppy Joe Sandwich Baked Beans Fruit Choice Milk Halloween Treat 	Milk Choices Include: Fat Free Chocolate Milk Fat Free Strawberry Milk Low Fat White Milk WG = Whole Grain

Self Serve Line-Everyday: Chicken Pattie on a Bun, Pizza, Uncrustables, Wraps and Salads. Also offering the Daily Specials shown below:

Monday - Chicken Nuggets Served with a Slice of WG Bread	Tuesday - Corn Dog Nuggets Served with a Slice of WG Bread	Wednesday - Popcorn Chicken Served with a Slice of WG Bread	Thursday - Cheeseburger or Cooks Choice	Friday - Fish Nuggets Served with a Slice of WG Bread
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Self Serve Line entrées are served with a choice of : fresh vegetable cup or a tossed salad, fresh or canned fruit, and low fat or fat free milk.