

CARDINAL CUSHING SCHOOL WEEKLY MENU

OCTOBER 18 -22, 2021

DAY	OPTION 1	OPTION 2	SIDE 1	SIDE 2	SOUP
MON. 10/18	Beef Stew Whole Grain Bread	Fish Sandwich on Wheat Roll Tartar Sauce	Coleslaw	Fruit Cocktail	Tomato Basil
TUE. 10/19	Chicken Tenders with Dipping Sauce	Greek Salad Greek Dressing Pita Chips	Vegetable Fried Rice	Fresh Grapes	Vegetable
WED. 10/20	Early Dismissal Bagged Lunches (See Email)				
THU. 10/21	NATIONAL NACHO DAY!	Chef's Salad Wrap (Turkey, Ham & Cheese) Pretzels	Fresh Veggies Tzatziki Sauce	Watermelon Slice	Chicken & Orzo
FRI. 10/22	Sausage Marinara over Penna	Grilled Cheese on Wheat Bread Baked Chips	Garden Salad Italian Dressing	Sliced Peaches	Broccoli
	ALL LUNCHES INCLUDE: Choice of Milk Seasonal Fresh Fruit Assorted Low Fat Yogurt				