

What's on the Menu?

AOD School Food Program K8 – Breakfast Menu
St. Edward on the Lake Catholic School

Monday

Tuesday

Wednesday

Thursday

Friday



1
Benefit Bar
String Cheese or
Yogurt
Fresh or Cupped Frui

2
Pop Tart
String Cheese or
Yogurt
Fresh or Cupped Fruit

3
Cereal Bar
String Cheese or
Yogurt
Fresh or Cupped
Fruit

4
Cereal Bowl
String Cheese or
Yogurt
Fresh Fruit or
Cupped Fruit

7
Nutrigrain Bar
String Cheese or
Yogurt
Fresh or Cupped
Fruit

8
Benefit Bar
String Cheese or
Yogurt
Fresh or Cupped Frui

9
Pop Tart
String Cheese or
Yogurt
Fresh or Cupped Fruit

10
Cereal Bar
String Cheese or
Yogurt
Fresh or Cupped
Fruit

11
Cereal Bowl
String Cheese or
Yogurt
Fresh Fruit or
Cupped Fruit

14
Nutrigrain Bar
String Cheese or
Yogurt
Fresh or Cupped
Fruit

15
Benefit Bar
String Cheese or
Yogurt
Fresh or Cupped Frui

16
Pop Tart
String Cheese or
Yogurt
Fresh or Cupped Fruit

17
No Classes

18
No Classes

21
Nutrigrain Bar
String Cheese or
Yogurt
Fresh or Cupped
Fruit

22
Benefit Bar
String Cheese or
Yogurt
Fresh or Cupped Frui

23
Pop Tart
String Cheese or
Yogurt
Fresh or Cupped Fruit

24
Cereal Bar
String Cheese or
Yogurt
Fresh or Cupped
Fruit

25
Cereal Bowl
String Cheese or
Yogurt
Fresh Fruit or
Cupped Fruit

28
Nutrigrain Bar
String Cheese or
Yogurt
Fresh or Cupped
Fruit

29
Benefit Bar
String Cheese or
Yogurt
Fresh or Cupped Frui

30
Pop Tart
String Cheese or
Yogurt
Fresh or Cupped Fruit

31
Cereal Bar
String Cheese or
Yogurt
Fresh or Cupped
Fruit

- Milk served with every meal

October 2024

What's on the Menu?

AOD School Food Program K8 – Lunch Menu
St. Edward on the Lake Catholic School

Monday

Tuesday

Wednesday

Thursday

Friday



★ **#TacoTuesday** 1
Chicken Quesadilla
Seasoned Black Beans
Salsa
Fresh Orange

2
Bosco Sticks
Marinara Sauce
Mixed Vegetables
Fresh Pear

#BrunchforLunch 3
Sausage, Egg & Cheese on English Muffin
Tater Tots
Sliced Apples

4
Macaroni and Cheese
Garden Salad
Fresh Grapes



7
Chicken Tenders
Broccoli with Cheese
Fresh Apple Slices

★ 8
Beef Hot Dog on a Bun
Baked Beans
French Fries
Fruit Mix

9
Sweet & Sour Chicken
Brown Rice
Vegetable Egg Roll
Glazed Carrots
Fresh Orange

#BrunchforLunch 10
Mini Pancakes
Sausage Patty
Hashbrown Patty
Mixed Vegetables
Diced Strawberries

11
Sloppy Joe on a Bun
Seasoned Corn
Diced Peach Cup

★
Lucky Tray Day

14
Chicken Nuggets
Dinner Roll
Baked Curly Fries
Fruit Mix

★ **#TacoTuesday** 15
Beef Walking Tacos
Salsa
Black Beans
Corn
Applesauce

#BrunchforLunch 16
French Toast Sticks
Strawberry Yogurt
Hashbrown Patty
Fresh Broccoli Florets
Fresh Grapes

17
No Classes

18
No Classes

Available Daily
Entrée 2 – Garden Salad w/ Chicken & Pita Bread
Entrée 3 – Soy Butter & Grape Jelly
Fruit, Milk and Vegetables available with all Entrées
- School's **MUST** offer all 5 components (**Grain, Fruit, Milk, Protein and Veggie**).
Students **MUST** choose 3 or more food groups. 1 component **MUST** at least be ½ cup fruit and/or vegetable

21
Beef Hot Dog on a Bun
Baked Beans
French Fries
Applesauce

★ 22
Breaded Chicken Sandwich
Seasoned Broccoli
Fruit Mix

23
Cheeseburger
Baked Curly Fries
Mixed Vegetables
Fresh Cantaloupe Cubes

#BrunchforLunch 24
Mini Pancakes
Sausage Patty
Carrot & Celery Sticks
Fresh Pear

25
Cheesy French Bread Pizza
Fresh Carrot Sticks
Fresh Grapes

28
Spaghetti & Meatballs in Marinara Sauce
Breadstick
Green Beans
Fresh Orange

★ **#TacoTuesday** 29
Beef Nachos
Salsa
Refried Beans
Shredded Lettuce
Fresh Apple Slices

#BrunchforLunch 30
Sausage, Egg & Cheese on Biscuit
Tater Tots
Diced Strawberries

31
Chicken Nuggets
Broccoli with Cheese
Cantaloupe Cubes

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