

OCTOBER | 2019

Covington Catholic High School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	1 Queso Chicken over Rice OR Beef Enchiladas Salsa, Sour Cream Black Beans, Corn Mexican Salad Diced Pears Fresh Fruit Milk	2 Salisbury Steak OR Hamburger/Cheeseburger Mashed Potatoes Glazed Carrots Veggie Boat Pineapple Tidbits Fresh Fruit Milk	3 Pulled Pork OR Pulled Chicken Sandwich Waffle Fries Baked Beans Kale Slaw Applesauce Fresh Fruit Milk	4 Pizza Crunchers OR Individual Cheese Pizza Steamed Broccoli Garden Salad Mandarin Oranges Fresh Fruit Milk
7 Chicken Patty Sandwich OR Hamburger/Cheeseburger Seasoned Potatoes Carrots/Celery with Dip Diced Peaches Fresh Fruit Milk	8 Pancakes, Cheese Omelet Sausage Salsa Smile Fries Baked Apples Fresh Fruit Milk	9 Open Face Roast Beef OR Turkey with Gravy Mashed Potatoes Corn Garden Salad Pineapple Tidbits Fresh Fruit Milk	10 Chili Dog, Hot Dog OR Meatball Sub Sandwich Potato Wedges Veggie Boat Applesauce Fresh Fruit Milk	11 Early Dismissal No Lunch
14 Choice of Cheese, Pepperoni OR Buffalo Chicken Pizza Green Beans Garden Salad Diced Peaches Fresh Fruit Milk	15 Sweet Thai Chicken with Rice OR Honey Sriracha Chicken Bowl Glazed Carrots Garden Salad Diced Pears Fresh Fruit Milk	16 Two Chicken Drumsticks OR Chicken Patty Mashed Potatoes Corn Garden Salad Pineapple Tidbits Fresh Fruit Milk	17 Chicken Tenders OR Spicy Chicken Tenders Mac & Cheese Baked Beans Garden Salad Applesauce Fresh Fruit Milk	18 Fish Sandwich OR Mozzarella Cheese Sticks with Marinara Sauce Steamed Broccoli Garden Salad Mandarin Oranges Fresh Fruit Milk
21 Chicken Quesadilla OR Cheese Quesadilla Salsa, Sour Cream Refried Beans Corn Diced Peaches Fresh Fruit Milk	22, 4 OR 5 Way Chili Spaghetti Kidney Beans, Onions, Shredded Cheese Oyster Crackers Green Beans Garden Salad Diced Pears/Fresh Fruit Milk	23 Baked Ziti with Breadstick OR Individual Cheese Pizza Steamed Broccoli Garden Salad Pineapple Tidbits Fresh Fruit Milk	24 Beef OR Chicken Philly Sandwich with Queso and Sautéed Peppers and Onions OR Turkey/Ham Sub Sandwich Waffle Fries Glazed Carrots Applesauce Fresh Fruit Milk	25 No School
28 Corn Dog OR Chicken Patty Sandwich Mac & Cheese Green Beans Veggie Boat with Dip Diced Peaches Fresh Fruit Milk	29 Queso Chicken over Rice OR Beef Enchiladas Salsa, Sour Cream Black Beans, Corn Mexican Salad Diced Pears Fresh Fruit Milk	30 Salisbury Steak OR Hamburger/Cheeseburger Mashed Potatoes Glazed Carrots Veggie Boat Pineapple Tidbits Fresh Fruit Milk	31 Super Hike No Lunch	1

News

Questions:

Contact Arkie McMahon @

amcmahon@covcath.org

Ala carte options available:

Buffalo Chicken Wrap, Turkey Sub, PB & J Grab & Go, Yogurt Parfait, Bagged Snacks, Assorted drinks, Rice Krispy Treats, Ice Cream

Fridays are meatless.

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