

2022 OCTOBER 2022



St. Henry's & St. Paul's School Lunch Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Students MUST TAKE ½ Cup Fruit &/Or Vegetable + 2 other items from menu to count as a REIMBURSEABLE Meal.						1		2	
MENUS SUBJECT TO CHANGE						Beef Nachos Refried Beans Lettuce, Salsa Fruit Milk		Hamburger On A Bun Tots Broccoli/Ranch Fruit Milk	
Questions or concerns please contact Krystal Boyd, FSD at Kboyd@perham.k12.mn.us									
5		6		7		8		9	
Turkey Gravy Mashed Potatoes Dinner Roll Carrots Fruit Milk		Mini Corn Dogs Baked Beans Caesar Salad Fruit Milk		Breakfast For Lunch Hashbrown Cherry Tomatoes Fruit Milk		Grilled Cheese Tomato Soup Romaine Salad Carrots Fruit Milk		Chicken Nuggets Fries Sunchips Cucumbers Fruit Milk	
12		13		14		15		16	
Chicken Fajitas Corn Lettuce, Diced Tomatoes Fruit Milk		Pepperoni Pizza Boat Caesar Salad Carrots Fruit Milk		Chicken Filet Sandwich Tots Lettuce/Ranch Snap Peas Fruit Milk		NO SCHOOL MEA BREAK		NO SCHOOL MEA BREAK	
19		20		21		22		23	
Garlic Parmesan Grilled Chicken Wrap Lettuce, Tomatoes Carrots Fruit Milk		Pizza Corn Romaine Salad Cauliflower Fruit Milk		BBQ Chicken Teriyaki Over Rice Caesar Salad Broccoli Florets Fruit Milk		Taco In A Bag Lettuce, Salsa Carrot Sticks/Ranch Fruit Milk		Chicken Patty Baked Beans Romaine Sliced Tomatoes Fruit Milk	
26		27		28		29		30	
Cheeseburger Baked Beans Tomato/Onion Lettuce Fruit Milk		Chicken Strips Mashed Potatoes/Gravy Dinner Roll Carrots Fruit Milk		Spaghetti & Meat Sauce Garlic Stick Broccoli Florets/Ranch Fruit Milk		PB&J String Cheese Doritos Romaine Salad Fruit Milk		Cheesy Garlic Dunker Marinara Sauce Caesar Salad Carrots Fruit Milk	