

St. Bernard Parish School Board

Rowley Alternative School Lunch Menus

OCTOBER 2020



Monday	Tuesday	Wednesday	Thursday	Friday
28 Red Beans* & Rice Chopped Spinach Chicken Tenders WG Dinner Roll 2 Fruit Choices Milk Variety *May Contain Pork Sausage	29 Meatballs & Spaghetti Salad Cup w/ Dressing California Blended Veggies Hawaiian Roll 2 Fruit Choices Milk Variety	30 Beef Tacos Cheese Sauce Salsa Cup Shredded Lettuce Cinnamon Roll 2 Fruit Choices Milk Variety	Oct-1 Oven Fried Chicken Mashed Potatoes Gravy Green Beans WG Dinner Roll 2 Fruit Choices Milk Variety	2 Chicken Patty on Bun French Fries Shredded Lettuce Sliced Tomatoes 2 Fruit Choices Milk Variety
5 Turkey Roast Rice & Gravy Green Peas Salad Cup w/ dressing 2 Fruit Choices Hawaiian Roll Milk Variety	6 Pepperoni Pizza* Salad Cup w/ Dressing Steamed Corn 2 Fruit Choices Milk Variety May Contain Pork Sausage	7 Orange Chicken Fried Rice Carrots and Broccoli Hawaiian Roll 2 Fruit Choices Milk Variety	8 Chili in a Cornbread Bowl Salad Cup w/ dressing Mixed Vegetables 2 Fruit Choices Milk Variety	9 Cheeseburger on Bun Lettuce & Tomato Baked Beans 2 Fruit Choices Milk Variety
12 School Holiday Fall Break 	13 Chicken Parmesan Pasta and Sauce Green Beans Hawaiian Roll 2 Fruit Choices Milk Variety	14 Nachos w/ Beef & Cheese Refried Beans Shredded Lettuce Salsa 2 Fruit Choices Milk Variety	15 Orange Chicken Fried Rice Carrots and Broccoli Hawaiian Roll 2 Fruit Choices Milk Variety	16 Pepperoni Pizza* Salad Cup w/ Dressing Steamed Corn 2 Fruit Choices Milk Variety May Contain Pork Sausage
19 Red Beans* & Rice Chopped Spinach Chicken Tenders Hawaiian Roll 2 Fruit Choices Milk Variety *May Contain Pork Sausage	20 Meatballs & Spaghetti Salad Cup w/ Dressing California Blended Veggies Hawaiian Roll 2 Fruit Choices Milk Variety	21 Beef Tacos Cheese Sauce Salsa Cup Shredded Lettuce Cinnamon Roll 2 Fruit Choices Milk Variety	22 Baked Chicken Au Gratin Potatoes Green Beans Tomato Cucumber Salad WG Dinner Roll 2 Fruit Choices Milk Variety	23 Chicken Patty on Bun French Fries Shredded Lettuce Sliced Tomatoes 2 Fruit Choices Milk Variety
26 Shrimp Poppers Cheesy Fries Warmed Carrots Hawaiian Roll 2 Fruit Choices Milk Variety	27 Mac and Cheese Chicken Tender Strips Salad Cup w/ dressing Broccoli Spears Hawaiian Roll 2 Fruit Choices Milk Variety	28 Nachos w/ Beef & Cheese Refried Beans Shredded Lettuce Salsa 2 Fruit Choices Milk Variety	29 Oven Fried Chicken Mashed Potatoes Gravy Green Beans WG Dinner Roll 2 Fruit Choices Milk Variety	30 Pepperoni Pizza* Salad Cup w/ Dressing Steamed Corn 2 Fruit Choices Milk Variety May Contain Pork Sausage

All meals provided are regulated by the USDA Meal Programs for Children.

All menus are subject to change due to the availability of food.

“The institution is an equal opportunity provider”

