

CARDINAL CUSHING SCHOOL WEEKLY MENU

OCTOBER 31 - NOVEMBER 4, 2011

DAY	OPTION 1	OPTION 2	SOUP	DELI (available in staff dining room only)	FRIARY PLATE (available in staff dining room only)
MON.	Haunted Hamburger (with or without cheese) Petrified Potatoes Frightening Fixings Dracula's Drink	HAPPY HALLOWEEN!	Pumpkin Soup	Tuna Salad Turkey Ham	Popcorn Shrimp Basket
TUE.	Baked Ziti (with Whole Wheat Pasta) Baby Spinach Salad	Roast Turkey on Wheat Croissant Baby Carrots	Turkey and Wild Rice Soup	Chicken Salad Roast Beef Turkey	Clam Strip Basket
WED.	Turkey Chili Salsa Chips Corn on Cob	Chef Salad Whole Wheat Breadstick Fat-Free French Dressing	Minestrone Soup	Egg Salad Roast Beef Turkey	Fish and Chips
THU.	Baked Chicken Fingers w/Dipping Sauce Fresh Veggies	Grilled Veggies on Herb Garlic Wrap w/Hummus Pretzels	Sweet Potato and Barley Soup	Turkey Salad Roast Beef Ham	Cajun Chicken Tenders
FRI.	Fish Filet on Wheat Roll Sliced Lettuce and Tomato	Smokehouse Turkey Salad Fat-Free Ranch Dressing	Farmer's Corn Chowder	Tuna Salad Turkey Ham	Popcorn Shrimp Basket
Week 2 Cycle 6	ALL LUNCHES INCLUDE: Choice of Milk Seasonal Fresh Fruit Asst. Low Fat Yogurt				