

South Texas Christian Academy

7001 N. Ware Rd McAllen Texas 78504

October 2018 Lunch Menu

Mon.	Tue.	Wed.	Thu.	Fri.
1		2	3	4
-Spaghetti w/Marinara Sauce	-Flautas (corn tortilla w/pepperoni)	-Grilled Cheese Sandwich (lettuce/tomatoes/cheese)	-Corn Empanadas (cheese filling)	-Cheese Pizza (2 slices)
-Broiled Veggies	-Rice	-Noodle Soup		-Salad
-Bread	-Salad	-Chocolate Cookie	-Rice	-Fruit
-Fruit/ Bottled Water	-Fruit/ Bottled Water	- Bottled Water	-Fruit/Salad	-Bottled Water
			-Bottled Water	
	8	9	10	11
-Fettuccini Pasta	-Quesadillas (cheese & flour)	Bean Tostadas	Mexican Sub Sandwich	Cheese Pizza (2 slices)
-Salad	-Refried Beans	(lettuce/tomatoes/cheese)	(bean/cheese)	-Salad
-Bread	-Salad/Fruit	-Noodle Soup	-Chips	-Fruit
-Fruit	-Bottled Water	-Cookie/Fruit	-Fruit	-Bottled Water
-Bottled Water		-Bottled Water	-Chocolate Cookie	
			-Bottled Water	
15		16	17	18
NO SCHOOL	-Haystacks	- Noodle Soup	-Red Sauce Enchiladas	Cheese Pizza (2 slices)
TEACHER INSERVICE	(lettuce, Tomatoes/Cheese)	-2 Gorditas (Corn & Cheese)	-Rice	-Salad
	-Fruit	-Fruit	-Salad	-Fruit
	-Bottled Water	-Bottled Water	-Fruit	-Bottled Water
			-Bottled Water	
	22	23	24	25
-Vegetarian hotdog (2)	-Tacos al Vapor(steamed corn)	-Noodle Soup	-Veggie Chicken Nuggets	Cheese Pizza (2 slices)
-Chips	-(coleslaw option)	-Crispy Tacos (2)	-Macaroni & Cheese	-Salad
-Fruit	-Rice	(lettuce/tomatoes option)	-Fruit	-Fruit
-Bottled Water	-Fruit	-Fruit	-Baby Carrot Salad	-Bottled Water
	-Bottled Water	-Bottled Water	-Bottled Water	
	29	30	31	
-Mexican Tacos (corn tortilla)	-Veggie Orange Chicken St	-Tamales (Bean or Cheese)		
-Charro Beans	-White Rice	-Mexican Rice		
-Fruit	-Broiled Veggies	-Salad		
-Bottled Water	-Fruit	-1 Slice pineapple cake		
	-Bottled Water	-Bottled Water	NOVEMBER	NOVEMBER

*Some of the Food Items on the menu will contain: egg, milk, gluten or cheese

