



ROSATI-KAIN HIGH SCHOOL



OCTOBER 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	4
HOMESTYLE FRESH		Chicken Breast, Dijon		Chicken Drumsticks, Home Style	Fish, Tacos with Cabbage and Cilantro
EXTRA EXTRA		Garlic Noodles	NO CAFÉ	Green Beans, Seasoned	Potatoes, Parmesan Red
VEGETARIAN		Potatoes, Oven Roasted Rosemary		Potatoes, Homemade Mashed	Sandwich, Grilled Cheese on Texas Toast
DAILY SPECIAL		Chicken, Popcorn	FACULTY MEETING	Cheese Sticks, Mozzarella	Pizza, Tony's Cheese
WRAP IT UP!		Wrap, Buffalo Chicken Ranch		Wrap, CBLT Chicken Bacon Lettuce Tomato	Wrap, Chicken Caesar
OFF THE GRILL		Quesadillas, Cheese		Chicken Breast, Fresh Grilled Herb	Sandwich, Grilled Cheese on Texas Toast
HOT OFF THE PRESS		Panini, Ham & Pesto		Panini, Philly Roast Beef on Garlic Toast	Panini, Grilled Chicken Supreme
	7	8	9	10	11
HOMESTYLE FRESH	Chicken Parmesan, Hand Breaded	Chicken Bites, Hand Breaded	Taco, Soft	George's Chicken Filet	
EXTRA EXTRA	Potatoes, Homemade Au Gratin	Corn, Seasoned	Potato Coins	Potatoes, Seasoned Curly Fries	NO CAFÉ
VEGETARIAN	Pasta Con Broccoli	Burger, Garden	Quiche, Spinach and Mushroom	Ravioli, Louisa Breaded 4-Cheese	
DAILY SPECIAL	Chicken, Boneless Drumsticks	Pork, Carolina Pulled	French Toast Sticks	Pig-in-a-Blanket	OCTOBER DAY
WRAP IT UP!	Wrap, Grilled Chicken	Wrap, Veggie Lover's	Wrap, California Club	Wrap, Buffalo Chicken Ranch	
OFF THE GRILL	Chicken Breast, Fresh Grilled Herb	Burger, with Bacon	Burger, Hand Pattied Mushroom & Swiss	Quesadilla, Pepper Jack Cheese	
HOT OFF THE PRESS	Panini, Chicken Bacon Ranch	Panini, Chicken, Tomato, and Mozzarella	Panini, BLT on Sourdough	Panini, Grilled Chicken Supreme	
	14	15	16	17	18
HOMESTYLE FRESH	Chicken and Dumplings	Chicken Fajitas		Brats	
EXTRA EXTRA	Potato, Baked	Nachos Supreme	NO CAFÉ	Cole Slaw	NO SCHOOL
VEGETARIAN	Pretzel, Bavarian	Lo Mein, Vegetable		Pasta, Fettuccini Alfredo	
DAILY SPECIAL	Chicken, Tyson Strips	Ravioli, Louisa Toasted Beef	TEST DAY	Chicken, Buffalo Popcorn	
WRAP IT UP!	Wrap, Grilled Chicken	Wrap, Chicken Caesar		Wrap, Chicken Ranch	
OFF THE GRILL	Chicken Breast, Fresh Grilled Herb	Sandwich, Grilled Cheese on Texas Toast		Burger, Hand Pattied	
HOT OFF THE PRESS	Panini, Chicken Bacon Ranch	Panini, Grilled Chicken Supreme		Panini, BLT on Sourdough	
	21	22	23	24	25
HOMESTYLE FRESH	Chicken Breast, Fresh Grilled Cheddar & Bacon	Chicken, General Tso's	Chicken Strips, Garlic Parmesan Hand Breaded	Chicken Salad	Fish, Baked Tilapia
EXTRA EXTRA	Green Beans, Seasoned	White Rice	Salad, St. Louis Hill	Pasta, Orzo with Parmesan	Pasta, Home Style Macaroni & Cheese
VEGETARIAN	Pasta, Cheese Tortellini	Egg Roll, Vegetable	Pretzel, Bites	Vegetables, Cheesy	Vegetables, Cheesy
DAILY SPECIAL	Tacos, Mini	Chicken, Breaded Nuggets	PIZZA, PAPA JOHNS	Chicken, Strips of Fire	Chicken, Ring Things
WRAP IT UP!	Wrap, BLT	Wrap, Chicken Caesar	Wrap, Grilled Chicken	Wrap, Grilled Chicken Spinach	Wrap, California Club
OFF THE GRILL	Burger, Hand Pattied	Burger, Hand Pattied	Chicken Breast, Grilled Seasoned	Sandwich, Grilled Cheese on Texas Toast	Chicken Breast, Fresh Grilled Spicy
HOT OFF THE PRESS	Panini, Philly Roast Beef on Garlic Toast	Panini, BLT on Sourdough	Panini, Chicken Bacon Ranch	Panini, Chicken, Tomato, and Mozzarella	Panini, Grilled Chicken Supreme
	28	29	30	31	
HOMESTYLE FRESH	Meatballs, Homemade Beef	Turkey Burger, Homemade	Chicken Alfredo	Burrito, Beef and Bean	
EXTRA EXTRA	Bread, Garlic Cheese	Potatoes, Sophie	Green Beans, Seasoned	Potatoes, Seasoned Curly Fries	
VEGETARIAN	Cheese Sticks, Mozzarella	Onion Rings, Battered	Bread, Garlic Cheese	Ravioli, Louisa Breaded 4-Cheese	
DAILY SPECIAL	Ravioli, Louisa Toasted Beef	Crispito, Chicken & Cheese	Chicken, Buffalo Popcorn	Chicken, Ring Things	
WRAP IT UP!	Wrap, Chicken Caesar	Wrap, Grilled Chicken	Wrap, Buffalo Chicken Ranch	Wrap, California Club	
OFF THE GRILL	Chicken Breast, Fresh Grilled Cheddar & Bacon	Chicken Breast, Fresh Grilled Cheddar & Bacon	Quesadillas, Cheese	Chicken Breast, Grilled Seasoned	
HOT OFF THE PRESS	Panini, Chicken, Tomato, and Mozzarella	Panini, Grilled Chicken Supreme	Panini, Philly Roast Beef on Garlic Toast	Panini, Chicken Bacon Ranch	
DAILY GRAB-N-GO	Salad Bar	Gourmet Salads	Bagels & Cream Cheese	Fresh Vegetables	Assorted Snacks
	Specialty Salad	Cold Sandwiches	Bosco Stick	Assorted Dips	Assorted Beverages
Menu Subject to Change			Yogurt Bar	Fresh Fruit/Seasonal	



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