

St. Peter School Menu for October 2021

Pumpkin

The official pie for Illinois is pumpkin pie.

Illinois routinely ranks number 1 in pumpkin production across the nation. The city of Morton, Illinois, is known as the Pumpkin Capital of the World.

Pumpkins are technically a fruit. They are a winter squash and is closely related to cucumbers and melons. But because they are savory, many people just call them vegetables anyway.

Pumpkins are 90% water and contain fiber, potassium and vitamin A. Vitamin A is one of the most significant nutrients related to eye health.

				Friday, October 1
				APPLE BREAKFAST BAR COLD CEREAL / MILK-BOILED EGG MANDARIN ORANGES RAZZY JUICE
Monday, October 4	Tuesday, October 5	Wednesday, October 6	Thursday, October 7	Friday, October 8
CHEESE BURGER / BUN FRENCH FRIES CARROT STICKS/DIP APPLESAUCE	WALKING TACO SEASONED RICE SIDE KICK COOKIE TOM/SALSA/CHEESE LETTUCE/SOUR CREAM	CHICKEN NUGGETS MASHED TATORS CORN FROZEN FRUIT CUP DINNER ROLL	BAKED SPAGHETTI ROMAINE SALAD WARM APPLES GARLIC BREAD	NO SCHOOL
Monday, October 11	Tuesday, October 12	Wednesday, October 13	Thursday, October 14	Friday, October 15
CHILI MAC CORN CHIPS VEGGY BOAT/DIP BLUSHING PEARS	PIGS IN A BLANKET FRENCH FRIES MIXED VEGGY'S APPLE SLICES/DIP	TOMATO SOUP GRILLED CHEESE SANDWICH WHEAT CRACKERS GRAPES	SLOPPY JOE / BUN SPINACH SALAD TROPICAL FRUIT BAKED CHIPS	WAFFLES / SYRUP SAUSAGE LINK COOKED EGG PEACHES RAZZY JUICE
Monday, October 18	Tuesday, October 19	Wednesday, October 20	Thursday, October 21	Friday, October 22
FRITO PIE CORN COBETTE MIXED FRUIT WARM MUFFIN	BAKED MAC&CHEESE WITH HAM GREEN BEANS FRUITED JELLO BREAD STICKS	CHEESE PIZZA ROMAINE SALAD FROZEN FRUIT CUP COOLIE	CHICKEN NOODLE SOUP CHEESE & CRACKERS VEGGY BOAT/DIP PINEAPPLE TIDBITS LEMON COOKIE	EGG,CHEESE AND SAUSAGE BISCUIT TATOR TOTS YOGURT FRUIT CUP SIDE KICK
Monday, October 25	Tuesday, October 26	Wednesday, October 27	Thursday, October 28	Friday, October 29
CHICKEN WRAP PRETZEL STICKS CARROT STICKS/ DIP FRUIT BITES SALAD BAR	MEAT BALL SUB CURLEY FRIES CUCUMBER SLICES PINEAPPLE TIDBITS	BEANS AND FRANKS MUMMY STICKS GRAVE YARD DIRT WITH WORMS WITCH'S FINGERS MONSTER MASH	EARLY DISMISSAL NO LUNCH	NO SCHOOL