



SALAD BAR OFFERED DAILY

CLASSIC CAFÉ

Healthy Infused Meals

Grilled Chicken & Baked Potato Available Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BOURBON CHICKEN SWEET CORN PUDDING FRESH VEGETABLE	3 CHICKEN MILANESE ANGEL HAIR PASTA FRESH VEGETABLE	4 NATIONAL TACO DAY GROUND BEEF TACO PINTO BEANS MEXICAN RICE FRESH FRUIT	5 ULTIMATE GRILLED CHEESE SANDWICH TATER TOTS FRESH VEGETABLE FRESH FRUIT	6 Early Dismissal
9 SCHOOL HOLIDAY	10 ALL BEEF HOT DOG SHOESTRING FRIES FRESH FRUIT	11 SPAGHETTI & MEATBALLS FRESH VEGETABLE GARLIC BREADSTICK	12 Breakfast for Lunch Waffles, Eggs Bacon or Turkey Sausage Fresh Fruit or Kickin' Grilled Chicken Rice Pilaf & Fresh Vegetable \$8.00	13 CHICKEN FRIED CHICKEN MASHED POTATOES FRESH VEGETABLE
16 Hand Breaded Chicken Sandwich Tater Tots Fresh Fruit	17 NATIONAL PASTA DAY PASTA BAR ALFREDO OR RED SAUCE PENNE PASTA, SAUSAGE, CHICKEN, OR SHRIMP+ \$2 BROCCOLI, GARLIC BREADSTICK	18 ORANGE CHICKEN FRIED RICE FRESH VEGETABLE HOMEMADE EGGROLL	19 Fresh Fish Sticks Homemade Tarter Sauce Hawaiian Roll Fresh Vegetable Fresh Fruit or Pulled Pork Sliders	20 BOSCO'S PIZZA STICK MARINARA SAUCE CELERY & CARROT STICKS FRESH FRUIT OR SALMON, RICE PILAF, FRESH VEGETABLE \$8.00
23 Pomegranate Chicken (sauce on the side) Roasted Potatoes Glazed Carrots	24 DUELING BOWLS CHEF GABE ASIAN STEAK BOWL OR CHEF MEGAN CHICKEN TINGA BOWL YOU DECIDE WHO WINS !!	25 Mini Baked All Beef Corn Dogs Fresh Vegetable Fresh Fruit or Brisket Sliders	26 Lemon Chicken Piccata Creamy Mashed Potatoes Fresh Vegetable	27 SCHOOL HOLIDAY
30 Chimichurri Chicken or Steak Roasted Potatoes Fresh Vegetable	31 BBQ RIBS MAC & CHEESE BAKED BEANS			

WEEKLY GRAB N GO

TUESDAY
Hand-Formed Burgers
Regular, Cheese, or
Bacon & Cheese

WEDNESDAY
Nachos and Queso

THURSDAY
Hand-Breaded Chicken Tenders



Prepared Meals Begins October 9th
Place Your Order by Sunday 11pm for
Tuesday Pickup

For All Catering (on site & off site),
please contact
cafe@stmarkhouston.org

SPONSORS

VENDORS

Fruits and Vegetables
Provided By Atkinsons Farms

Fresh Baked Bread & Muffins
Provided By Ashcraft Bakery

The Common Market #44 Farms



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BOURBON CHICKEN BITES SWEET CORN PUDDING FRESH VEGETABLE FRESH FRUIT	3 CHICKEN MILANESE BITES ANGEL HAIR PASTA FRESH VEGETABLE FRESH FRUIT	4 NATIONAL TACO DAY GROUND BEEF TACO PINTO BEANS MEXICAN RICE FRESH FRUIT	5 ULTIMATE GRILLED CHEESE SANDWICH TATER TOTS FRESH VEGETABLE FRESH FRUIT	6 Early Dismissal
9 School Holiday	10 ALL BEEF HOT DOG SHOESTRING FRIES FRESH FRUIT	11 SPAGHETTI & MEATBALLS FRESH VEGETABLE FRESH FRUIT	12 Breakfast for Lunch Waffles, Eggs Bacon or Turkey Sausage Fresh Fruit or Kickin' Grilled Chicken Rice Pilaf & Fresh Vegetable \$8.00	13 Fresh Cut Chicken Nuggets Green Beans Mac & Cheese Fresh Fruit
16 Hand Breaded Chicken Sandwich Tater Tots Fresh Fruit	17 NATIONAL PASTA DAY ALFREDO OR RED SAUCE PENNE PASTA, SAUSAGE, CHICKEN, OR SHRIMP+ \$2 BROCCOLI, GARLIC BREADSTICK	18 ORANGE CHICKEN FRIED RICE FRESH VEGETABLE FRESH FRUIT	19 Fresh Fish Sticks Homemade Tarter Sauce Hawaiian Roll Fresh Vegetable Fresh Fruit or Pulled Pork Sliders	20 BOSCO'S PIZZA STICK MARINARA SAUCE CELERY & CARROT STICKS FRESH FRUIT OR SALMON, RICE PILAF, FRESH VEGETABLE \$8.00
23 Pomegranate Chicken (sauce on the side) Roasted Potatoes Glazed Carrots Fresh Fruit	24 NACHOS & QUESO W/ GROUND BEEF LIMA BEANS FRESH FRUIT	25 Mini Baked All Beef Corn Dogs Fresh Vegetable Fresh Fruit	26 Breakfast for Lunch Pancakes, Eggs Bacon or Turkey Sausage Fresh Fruit or Kickin' Grilled Chicken Rice Pilaf & Fresh Vegetable \$8.00	27 No School
30 Pepperoni Pizza Pocket Fresh Vegetable Fresh Fruit or Salmon, Rice Pilaf, Fresh Vegetable \$8.00	31 Chicken Quesadillas Mexican Rice Black Beans			

WEEKLY GRAB N GO

DAILY

Sun Butter & Jelly Sandwich
Ham Sandwich on Whole Wheat
Turkey Sandwich on Whole Wheat

FLAVORS OF THE MONTH

Oregano
Pumpkin
Grapes
Lima Beans



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