

# Lunch Menu

## St. Joseph Academy

# November 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Chicken Fajita w/ Peppers and Onions Black Bean Relish Salsa / Sour Cream Banana / Milk	Baked Fish Summer Squash Sauté' Celery Sticks WG Dinner Roll Applesauce / Milk <b>Salad Bar</b>
5	6	7	8	9
Chicken Nuggets Green Beans Mashed Potatoes WG Dinner Roll Fresh Apple / Milk	Quesadilla Fresh Salsa Corn on the Cob Strawberries/ Milk	Orange Chicken Stir Fry Brown Rice Chinese Salad/Celery Fortune Cookie Peach Slices / Milk <b>Salad Bar</b>	Corn Dogs Baked Beans Fresh Tomatoes Orange Wedges /Milk	Professional Development Day  NO SCHOOL
12	13	14	15	16
Cheese Burger Bean Casserole French Fries 100% Juice / Milk	Chicken Tortilla Soup Cheese Puffs Roasted Carrots Celery Sticks Pears /Milk	Chicken Parmesan Garlic Bread Peas / Zucchini Sticks Peaches / Milk <b>Salad Bar</b>	Chili Fest Romaine Salad Baby Carrots Corn Bread / Crackers Pineapple / Milk <b>First Annual Chili Lunch</b>	Mac & Cheese w/ Ham** Roasted Beets Cherry Tomatoes Slice WG Bread Mixed Fruit / Milk <b>Salad Bar</b>
19	20	21	22	23
Nachos *** Refried Beans Jicama Sticks Petite Banana / Milk	Teriyaki Chicken w/ Cilantro Lime Brown Rice Edamame Baby Carrots Pineapple / Milk	Sliced Turkey w/ Gravy Stuffing Mix Vegetable/Celery Fresh Baked Dinner Roll Cranberry Sauce / Milk <b>Thanksgiving Dinner!!!</b>	Happy Thanksgiving!  NO SCHOOL	NO SCHOOL
26	27	28	29	30
Vegetable Soup Hot Ham*** WG Dinner Roll Kidney Bean Salad Fresh Apples / Milk	Meatballs w/ Marinara WG Spaghetti Carrots Celery Petite Banana / Milk	Burrito Corn / Fresh Salsa Mixed Fruit / Milk  <b>Salad Bar</b>	Sub Sandwich Kale Salad Spicy Garbanzo Beans Fresh Orange Wedge / Milk	Pizza Dippers w/ Dipping Sauce Roasted Broccoli Mango Nana Salad / Milk <b>Salad Bar</b>

**Fun Fact:**  
**Salad Bar:**

**Wednesday**  
**and Friday!**

Water available at all times.  
WG=whole grain  
\*May contain pork.  
Skim white and no fat chocolate  
milk served daily.

Must take 3 of 5 items with one being ½ cup of fruit or vegetables. | This institution is an equal opportunity provider. | Menus subject to change depending on availability of products.