

November 2020

St. Rose of Lima School

LUNCH



School Information: Milk is served with every meal. This School is an equal opportunity provider.



Nutrition Tip: Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals.

Reference: Eat Right

Monday

Hamburger on WG Bun
French Fries
Mandarin Oranges

2

Tuesday

Chicken Pot Pie over Mashed Potatoes
Fruit Cocktail
Dinner Roll

3

Wednesday

Chili w/ crackers
Cheese Stick
Pears

4

Thursday

Chicken Fajitas
Broccoli
Tropical Fruit

5

Friday

Grilled Cheese
Tomato Soup
Applesauce

6

Chicken Nuggets
French Fries
Peaches

9

Beef Gravy over Mashed Potatoes
Mandarin Oranges

10

Beef Barley Soup
Carrots
Pineapple

11

Grilled Chicken on WG Bun
Smiley Potatoes
Fruit Cocktail

12

Cheese Pizza
Salad w/ Ranch
Pears

13

NO SCHOOL

16

BBQ Pork Rib Patty on WG Bun
Baked Beans
Applesauce

17

Chicken Noodle Soup
Crackers
Carrots
Peaches

18

Ham Steak
Green Beans
Mandarin Oranges

19

Italian Dippers w/ Sauce
Mixed Salad w/ Ranch
Pineapple

20

Scalloped Potatoes and Ham
Dinner Roll
Tropical Fruit

23

Turkey Tetrazzini
Corn
Pears

24

Thanksgiving Break
NO SCHOOL

25

NO SCHOOL

26

NO SCHOOL

27

Spaghetti w/ Meat sauce
Salad w/ Ranch
Fruit Cocktail

30

