

# November 2011 Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Soft Chicken Taco Mozzarella & American Cheese Shredded Lettuce and Tomato Chilled Mixed Fruit Cinnamon Stick*  Pizza	2 Italian Rotini Bake* Italian Green Beans* Fresh Orange Wedges Italian Bread*  Baked Crispy Fish on Bun	Baked Crispy Chicken S Brown Rice-a-Roni* Chilled Pears Sesame Wheat Roll Popeye Salad  Meatball Pistolette	4 Shrimp Archie* Cream Sauce* with Rotini Chilled Mixed Fruit Iced Fudge Brownie* Broccoli and Cauliflower Florets  Chicken Smackers
7 Baked, Crispy Chicken Smackers Baked Crinkle Fries Mandarin Oranges Sesame Wheat Roll Pudding w Sprinkles  Beef Sliders	8 Crispy Pork Taco Arroz Integral con Queso* Shredded American Cheese Shredded Lettuce and Tomato Golden Corn Cinnamon Roll*  Baked, Crispy Fish Strips	9 Italian Meatsauce* Wheat Spaghetti Cucumber Slices Chilled Pears Italian Bread*  Turkey Poboy	10 Baked Fish Fillet Potatoes in Cheese Sauce* Garden Salad Wheat Roll* Rice Krispie Treat*  Hamburger on Wheat Bun	11 Shrimp Etouffe Fluffy Rice Seasoned Green Beans Chilled Pineapple w Cherries Garlic Wheat Roll*  Grilled Chicken Patty
14 Red Beans & Sausage* Fluffy Rice Buttered Carrots Chilled Mixed Fruit Cornbread*  Baked Crispy Chicken Sandwich	15 Crispy Pork Taco Mexican Brown Rice Shredded American Cheese Shredded Lettuce and Tomato Carrot/Celery Sticks  Italian Sausage on Pistolette	16 Wheat Spaghetti & Meatballs Italian Red Gravy* Tossed Salad Chilled Pears Garlic Wheat Roll*  Hamburger on Wheat Bun	17 Turkey Roast with Gravy* Fluffy Rice Cranberry Sauce Candied Sweet Potatoes* Seasoned Green Beans Iced Chocolate Cake*  Thanksgiving	18 ***FALL FEST*** Hot Dog on Bun w/wo Chili Potato Salad* Chilled Tropical Fruit Oatmeal Cookie*  Thanksgiving
21 No School	22 Thanksgiving	23 Thanksgiving	24 Thanksgiving	25 Thanksgiving
28 Red Beans with Sausage Fluffy Rice Steamed Vegetable Blend Chilled Tropical Fruit Cornbread*  Beef Sliders	29 Beef Taco* Mexican Brown Rice* Shredded American Cheese Shredded Lettuce and Tomato Golden Corn*  Baked Crispy Fish Sandwich	School lunches must meet recommendations of the Dietary Guideline for Americans. *No more than 30% of calories from fat and less than 10% from saturated fat averaged weekly. *Lunches contain 1/3 of the RDI of Protein, Vitamin A, Vitamin C, Iron, and Calcium.		



Check Out Our Website At:  
[www.schoolcafe.org](http://www.schoolcafe.org)

**Note: Menus are subject to change without notice.**

Schools with one serving line can have a sandwich entrée only once a week, however it cannot replace a commodity meal. Sandwiches are served with 2 fruit/vegetables and milk. Choice of milk is offered daily. Breakfast also offers cereal.

\* Denotes menu items that are prepared in the cafeteria. Many of these items are made from scratch using our own Archdiocese School Food Service recipes.