

ST. MARY'S ELEMENTARY

NOVEMBER LUNCH MENU 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6

Popcorn Chicken w/ Mashed Potatoes & Green Beans

Healthy Option:

Crispy Chicken Salad (Lettuce, Crispy Chicken, Roasted Corn, Tomatoes, Cucumber, Cheese, Ranch Dressing)

7

Mexican Lasagna (Ground Meat, Refried Beans, Cheese & Tortillas) w/ Spanish Rice, & Roasted Corn

Healthy Option:

Taco Salad w/ Taco Meat, Lettuce, Diced Tomatoes, Shredded Cheddar, Roasted Corn, & Ranch Dressing

1

Beef & Cheese Lasagna w/ Garlic Bread & Steamed Veggies

Healthy Option:

Grilled Chicken Caesar Salad (Lettuce, Grilled Chicken, Parmesan Cheese, Croutons, Caesar Dressing)

2

Grilled Cheese Sandwich w/ Chicken Noodle Soup & Chips

Healthy Option:

Baked Potato (w/ Bacon, Cheese, Sour Cream, Butter, & BBQ Sauce)

3

Donut Holes w/ Sausage Patty, Breakfast Potatoes, & Fruit

Healthy Option:

Grilled Steak Dinner w/ Mashed Potatoes & Steamed Veggies

10

Waffles w/ Breakfast Potatoes, Sausage Patty, & Fruit

Healthy Option:

Grilled Steak Dinner w/ Mashed Potatoes & Steamed Veggies

9

Chicken Parmesan w/ Marinara, Vegetable Medley, & Cheese Stick

Healthy Option:

Baked Potato (w/ Bacon, Cheese, Sour Cream, Butter, & BBQ Sauce)

8

Spaghetti & Meat Sauce w/ Garlic Bread & Caesar Salad

Healthy Option:

Grilled Chicken Caesar Salad (Lettuce, Grilled Chicken, Parmesan Cheese, Croutons, Caesar Dressing)

14

Cheese Quesadillas w/ Roasted Corn & Spanish Rice

Healthy Option:

Taco Salad w/ Taco Meat, Lettuce, Diced Tomatoes, Shredded Cheddar, Roasted Corn, & Ranch Dressing

15

Chicken Alfredo w/ Garlic Bread & Steamed Veggies

Healthy Option:

Grilled Chicken Caesar Salad (Lettuce, Grilled Chicken, Parmesan Cheese, Croutons, Caesar Dressing)

16

Turkey Dinner w/ Mashed Potatoes, Green Bean Casserole, Roll, & Pumpkin Pie

Healthy Option:

Baked Potato (w/ Bacon, Cheese, Sour Cream, Butter, & BBQ Sauce)

17

French Toast Sticks w/ Sausage Patty, Breakfast Potatoes, & Fruit

Healthy Option:

Grilled Steak Dinner w/ Mashed Potatoes & Steamed Veggies

20

21

22

23

24

THANKSGIVING BREAK

27

Popcorn Chicken w/ Mac N Cheese & Green Beans

Healthy Option:

Crispy Chicken Salad (Lettuce, Crispy Chicken, Roasted Corn, Tomatoes, Cucumber, Cheese, Ranch Dressing)

28

Mexican Lasagna (Ground Meat, Refried Beans, Cheese & Tortillas) w/ Spanish Rice, & Roasted Corn

Healthy Option:

Taco Salad w/ Taco Meat, Lettuce, Diced Tomatoes, Shredded Cheddar, Roasted Corn, & Ranch Dressing

29

Spaghetti & Meat Sauce w/ Garlic Bread & Steamed Veggies

Healthy Option:

Grilled Chicken Caesar Salad (Lettuce, Grilled Chicken, Parmesan Cheese, Croutons, Caesar Dressing)

30

Chicken Parmesan w/ Marinara, Vegetable Medley, & Cheese Stick

Healthy Option:

Baked Potato (w/ Bacon, Cheese, Sour Cream, Butter, & BBQ Sauce)

Everyday Options:

Hamburger
or
Cheeseburger
w/ Chips
& Daily Veggie

Cheese Pizza
w/ Chips
& Daily Veggie