

St. Francis of Assisi School Lunch Menu

November 2007

| <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> |
|--|--|--|---|--|
| Cost of Lunch: \$2.50 Cost of ala carte milk: \$.50 | | | 1 New England Turkey Wrap Pretzels Sliced Apples with Cinnamon Baby Carrots Light Ranch dip Choice of Milk | 2 Pizza Carrot and Celery Sticks Light Ranch Dip Cookie Choice of Milk |
| 5 Chicken Patty on Wheat Bun Whole Wheat Spiral Noodles Mixed Veggies Applesauce Choice of Milk | National Nacho Day! 6 Deluxe Nachos Lettuce, Tomato Salsa Tortilla Chips Fresh Apple Corn Bread Choice of Milk | 7 Sloppy Joe on a bun Carrot coins Pickles Condiments Pears Pretzels Choice of Milk | 8 Ham and Cheese Sub Mixed Fruit Cucumber Circles Light Ranch Dip Animal Crackers Choice of Milk | 9 Pizza Carrot and Celery Sticks Light Ranch Dip Dessert Choice of Milk |
| 12 VETERANS' DAY NO SCHOOL | 13 Spiral Macaroni and Cheese Savory Green Beans Peaches Graham Crackers Choice of Milk | 14 Spaghetti with Meat Sauce Tossed Salad Dressing on the side Whole wheat Breadstick Mixed Fruit Choice of Milk | 15 Thanksgiving Feast! Chicken Nuggets Cranberry Sauce Whole Wheat Dinner Rolls Mashed Potatoes Gravy Apple Crisp Choice of Milk | 16 Mickey Mouse's Birthday (Nov. 18) <i>Party time</i> Pizza 59 candles Carrot and Celery Sticks Birthday Cookie Choice of Mousie Milk |
| 19 Hot Dog Fresh Apple Savory Green Beans or Very Veggie Baked Beans Baked Doritos Choice of Milk | 20 Pizza Assorted Fruits and Veggies Turkey Shaped Cookie Choice of Milk | 21 NO SCHOOL | 22 HAPPY THANKSGIVING NO SCHOOL | 23 NO SCHOOL  |
| 26 Twin Hard Shell Tacos Fresh Lettuce and Tomato Salsa Rice Corn Choice of Milk | 27 Hamburger or cheeseburger on a bun Mixed Veggies Pickles Condiments Fresh Grapes Pretzels Choice of Milk | 28 Bagel Light Cream Cheese Fruit 100% juice Trix yogurt Honey Roasted Sunflower Seeds Choice of Milk | 29 American Chop Suey Baby Carrots Light Ranch Dip Orange Smiles Catsup Whole Wheat Breadsticks Choice of Milk | 30 Pizza Cucumber Sticks Light Ranch Dip Fruit Cup Sugar Cookie Choice of Milk |

Did you know...the average adult eats 2500-3000 calories on Thanksgiving. The average adult needs 1600-2000 calories per day. So, take a walk after your holiday meal, and walk off those extra calories, and enjoy the crisp fall weather!

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