

# November 2018



## LUNCH



### St. Peter School, Quincy IL

**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts

#### Monday

#### Tuesday

#### Wednesday

#### Thursday

#### Friday



HAMBURGER ON BUN  
CURLEY FRIES  
CALIFORNIA VEGGIES  
FRUIT

5

NATIONAL NACHO DAY  
BBQ CHICKEN NACHOS  
COWBOY CORN  
FRUIT SLUSHIE

6

CHICKEN NOODLE SOUP  
½ GRILLED CHEESE SANDWICH  
CARROTS/CELERY STICKS –DIP  
FRUIT

7

CHILI CHEESE FRIES  
SPINACH SALAD  
CHEESE STICKS  
YOGURT W/FRUIT

1

FRENCH TOAST STICKS/SYRUP  
SAUSAGE LINK  
MANDARIN ORANGE CUP  
VEGGY JUICE

2

SALISBURY STEAK  
AU GRATIN POTATOES  
MIXED VEGGIES  
FRUIT  
BUTTERED ROLL

12

CHICKEN POT PIE/BISCUIT  
BUTTERED BROCCOLI  
FRUIT / COOKIE

13

HOT DOG ON BUN  
BAKED BEANS  
VEGGIE BOAT/DIP  
FRUIT

14

½ DAY---NO LUNCH

8

NO SCHOOL

9

SLOPPY JOE ON BUN  
SEASONED GREEN BEANS  
BLUSHING PEARS

19

THANKSGIVING FEAST  
ROAST TURKEY  
MASHED POTATOES/GRAVY  
BUTTERED CORN  
DINNER ROLL  
PUMPKIN BAR

20

NO SCHOOL

21

HAPPY THANKSGIVING

22

NO SCHOOL

23

CORN DOG  
MAC/CHEESE  
BUTTERED CARROTS  
FRUIT

26

SAUSAGE PIZZA  
SPINACH SALAD  
DICED PEACHES  
SHERBERT CUP

27

CHICKEN AND GRAVY OVER  
MASHED POTATOES  
SEASONED PEAS  
BUTTERED DINNER ROLL  
FRUIT

28

BEEF SLIDER ON BUN  
SWEET POTATO FRIES  
CUCUMBER SLICES AND  
CHERRY TOMATOS/DIP

29

WAFFLE BREAKFAST  
SANDWICH  
TRI TATORS  
WARM CINNAMON APPLES  
DRAGON JUICE

30