

St. Peter School Menu for November 2021

Turkey

Illinois farmers produce close to 3 million turkeys a year.

A 15 pound turkey typically has about 70% white meat and 30% dark meat.

Turkey is low in fat and high in protein. Turkey has more protein than chicken or beef. White meat has fewer calories and less fat than dark meat.

Eating turkey does not cause you to feel sleepy after your Thanksgiving dinner. Carbohydrates in your dinner are the likely cause of your sleepiness.

Monday, November 1	Tuesday, November 2	Wednesday, November 3	Thursday, November 4	Friday, November 5
Cold Cereal/Milk Blueberry Muffin Boiled Egg Applesauce Razzy Juice	Pasta/Meat Sauce Romaine Salad Apple Slices/Dip Garlic Bread Salad Bar	Chicken Nuggets Mashed Potatoes Gravy Corn Peaches Dinner Roll	Cheese Omelet Smiley Fries Sausage Patty Mixed Fruit Buttered Biscuit	NO SCHOOL
Monday, November 8	Tuesday, November 9	Wednesday, November 10	Thursday, November 11	Friday, November 12
Corn Dog Mac and Cheese Green Beans Yogurt with Fruit	Sloppy Joe/Bun Chips Carrot Sticks with Dip Mandarin Oranges	Cheese Pizza Spinach Salad Frozen Fruit Cup Cookie Salad Bar	Hamburger/Bun French Fries Peas and Carrots Pineapple Tidbits	Waffle with Syrup Ham Tri Tators Diced Pears Juice Cup
Monday, November 15	Tuesday, November 16	Wednesday, November 17	Thursday, November 18	Friday, November 19
Hot Dog/Bun Baked Beans French Fries Fruit Cocktail Ice Cream Cup	Turkey and Ham Wrap Baked Chips Go-Gurt Carrot/Celery Sticks Cookie	Scrambled Egg with Cheese Bacon Tator Tots Buttered Biscuit Tropical Fruit	Chicken Alfredo/A Twist Sweet Peas Orange Slices Dinner Roll Frosted Cake	Sausage Gravy Biscuit Sausage Link Hash Rounds Pears Razzy Juice
Monday, November 22	Tuesday, November 23	Wednesday, November 24	Thursday, November 25	Friday, November 26
Cold Cereal/Milk Boiled Egg Donut Sticks Side Kicks Diced Peaches	Thanksgiving Feast! Turkey/Gravy Mashed Potatoes Green Beans Pumpkin Pie Dinner Roll	NO SCHOOL	NO SCHOOL	NO SCHOOL
Monday, November 29	Tuesday, November 30			
Zoo Nuggets Tator Pancakes Broccoli/Cheese Peaches	Turkey/Cheese Rollup Cheese Sticks Pretzels Cucumber Slices Applesauce			