

**St. Henry's & St. Paul's  
Lunch  
November 2022**

All meals include choice of  
Chocolate Skim, 1% or Skim Milk

	1 <b>Chili Biscuit</b> Vegetable Fruit Milk	2 <b>Italian Dunker Marinara Sauce</b> Vegetable Fruit Milk	3 <b>Chicken Strips Fries Dinner Roll</b> Vegetable Fruit Milk	4 <b>Cheeseburger Baked Beans</b> Vegetable Fruit Milk
7 <b>Cheese Quesadilla</b> Vegetable Fruit Milk	8 <b>Chicken Patty On Bun Smile Fries</b> Vegetable Fruit Milk	9 <b>Nachos</b> Vegetable Fruit Milk	10 <b>Mac &amp; Cheese Baked Beans Garlic Bread</b> Fruit Milk	11 <b>Fiestada Pizza</b> Vegetable Fruit Milk
14 <b>Chicken Nuggets Fries Dinner Roll</b> Vegetable Fruit Milk	15 <b>Taco In A Bag</b> Salsa/Lettuce Refried Beans Fruit Milk	16 <b>Chicken Alfredo Breadstick Broccoli</b> Fruit Milk	17 <b>Hot Ham &amp; Cheese Scalloped Potato</b> Romaine/Dressing Fruit Milk	18 <b>Mozzarella Stuffed Breadstick Marinara Sauce</b> Vegetable Fruit Milk
21 <b>Beef Taco Wrap</b> Vegetable Fruit Milk	22 <b>Mini Corn Dogs Fries</b> Vegetable Fruit Milk	23 <b>BBQ Chicken Sluggo Dinner Roll</b> Corn Fruit Milk	24 <b>NO SCHOOL  THANKSGIVING BREAK</b>	25 <b>NO SCHOOL  THANKSGIVING BREAK</b>
28 <b>NO SCHOOL  STAFF DEVELOPMENT</b>	29 <b>Chicken Bacon Ranch Wrap</b> Vegetable Fruit Milk	30 <b>Tater Tot Hotdish Dinner Roll</b> Vegetable Fruit Milk		

**OFFER**

To be considered reimbursable, kids **MUST** take at least 3 of the 5 food components!! One **MUST** be a fruit or vegetable.

**FYI**

**MENUS  
SUBJECT TO  
CHANGE**

*All grains served are whole grain-rich.*

**Food  
Components**

Bread/Grain  
Meat/Meat  
Alternate  
Fruit  
Vegetable  
Milk

This institute is an equal opportunity provider and employer.