

# NOVEMBER 2024



# St. Catherine Labouré ELEMENTARY LUNCH MENU

### What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

**Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch**

- Meat or meat alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread

Choice of Milk - 1% white, and fat-free chocolate

### Weekly Vegetable Subgroups May Include:

**Dark green** - spinach, broccoli, romaine and spring salad.

**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers

### Beans/Peas

**Starchy** - white potatoes, corn, and lima beans

**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

### Featured Fruit May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**LEAVE YOUR LUNCHBOX AT HOME! DAILY ALTERNATES.**

**Fresh Entree Salad of the Week**



**Craveable of the Week which could include:**

**Nacho with Chips and Salsa, Make your Own Pizza, Yogurt Cheese stick and Crackers, Breadstick Dipper, and more..**

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

**4**  
Corn Dog Nuggets with Dinner Roll  
**Breadstick Dipper Craveable**  
**Featured Veggies:**  
Tater Tots  
Choice of fruit  
Choice of Milk

**5**  
Pancake with Sausage Patty  
**Breadstick Dipper Craveable**  
**Featured Veggies:**  
Bell Pepper Strips  
Choice of fruit  
Choice of Milk

**6**  
Chicken Patty Sandwich  
**Breadstick Dipper Craveable**  
**Featured Veggies:**  
Baby Carrots  
Choice of fruit  
Choice of Milk

**7**  
Spaghetti & Meatballs with Garlic Bread  
**Breadstick Dipper Craveable**  
**Featured Veggies:**  
Green Beans  
Choice of fruit  
Choice of Milk

**1**  
Pepperoni Pizza  
**Turkey and Cheese Craveable**  
**Featured Veggies:**  
Glazed Carrots  
Choice of fruit  
Choice of Milk

**11**  
**NO SCHOOL**

**12**  
Beef Tacos in Soft shell  
**Superfruit Craveable**  
**Featured Veggies:**  
Fries  
Choice of fruit  
Choice of Milk

**13**  
Sausage, Egg & Cheese Croissant  
**Superfruit Craveable**  
**Featured Veggies:**  
Corn  
Choice of fruit  
Choice of Milk

**14**  
Royal Bowl  
Popcorn Chicken & Gravy with dinner roll  
**Superfruit Craveable**  
**Featured Veggies:**  
Mashed Potatoes  
Choice of fruit  
Choice of Milk

**8**  
Hamburger on a Whole Grain Roll  
**Breadstick Dipper Craveable**  
**Featured Veggies:**  
Cole Slaw  
Choice of fruit  
Choice of Milk

**11**  
**NO SCHOOL**

**12**  
Beef Tacos in Soft shell  
**Superfruit Craveable**  
**Featured Veggies:**  
Fries  
Choice of fruit  
Choice of Milk

**13**  
Sausage, Egg & Cheese Croissant  
**Superfruit Craveable**  
**Featured Veggies:**  
Corn  
Choice of fruit  
Choice of Milk

**14**  
Royal Bowl  
Popcorn Chicken & Gravy with dinner roll  
**Superfruit Craveable**  
**Featured Veggies:**  
Mashed Potatoes  
Choice of fruit  
Choice of Milk

**15**  
Cheese Pizza  
**Superfruit Craveable**  
**Featured Veggies:**  
Fresh Cucumbers  
Choice of fruit  
Choice of Milk

**18**  
Chicken Parmesean with Pasta  
**M.Y.O. Pizza Craveable**  
**Featured Veggies:**  
Diced Carrots  
Choice of fruit  
Choice of Milk

**19**  
Classic Texas Toast Grilled Cheese  
**M.Y.O. Pizza Craveable**  
**Featured Veggies:**  
Roasted Broccoli  
Choice of fruit  
Choice of Milk

**20**  
**THANKSGIVING MEAL**  
Roasted Turkey Breast with Gravy  
Mashed Potatoes  
**M.Y.O. Pizza Craveable**  
**Featured Veggies:**  
Green Beans  
Choice of fruit  
Choice of Milk

**21**  
Chicken Tenders with Dinner Roll  
**M.Y.O. Pizza Craveable**  
**Featured Veggies:**  
Tater Tots  
Choice of fruit  
Choice of Milk

**22**  
Pepperoni Pizza  
**M.Y.O. Pizza Craveable**  
**Featured Veggies:**  
Diced Potatoes  
Choice of fruit  
Choice of Milk

**25**  
Meatball Sub on a Roll  
**Nacho Craveable**  
**Featured Veggies:**  
Broccoli  
Choice of fruit  
Choice of Milk

**26**  
Chicken Tacos on a soft shell  
**Nacho Craveable**  
**Featured Veggies:**  
Confetti Corn  
Choice of fruit  
Choice of Milk

**27**  
**NO SCHOOL**

**28**  
**NO SCHOOL**

**29**  
**NO SCHOOL**

**NO SCHOOL**

**NO SCHOOL**

**NO SCHOOL**

**NO SCHOOL**

**NO SCHOOL**