

**St. Peter**  
**Lunch**

November 1 - November 30

## *What's Cooking Today?*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Fingers-3/4 c. Green Beans-3/4 c. Whole Grain Bread Pineapple Cup-1/2 c. Milk-8 oz.	2 Meatballs w/ Sauce on a Whole Grain Sub Roll-1 Sliced Carrots-1 c. Fresh Banana-1 Milk-8 oz.	3 All Beef Hot Dog on a Whole Wheat Hot Dog Bun-1 French Fries-3/4 c. Fresh Apple-1 Milk-8 oz.	4 Cheese Lasagna with Meat Sauce-4 oz. Broccoli Florets-3/4 c. Mandarin Orange Cup-1/2 c. Whole Grain Bread Milk-8 oz.
7 Grilled Chicken Parmigiana-4 oz. Green Beans-3/4 c. Mixed Fruit Cup-1/2 c. Whole Wheat Dinner Roll Milk-8 oz.	8 All Beef Hamburger on a Whole Wheat Bun-1 Red Kidney Beans-3/4 c. Fresh Apple-1 Milk-8 oz.	9 Turkey and Cheese on a Whole Grain Kaiser Roll-1 Fresh Baby Carrots w/ Dip-1 c. Diced Peach Cup-1/2 c. Milk-8 oz.	10 Meatloaf w/ Ketchup-3 oz. Roasted Potato Medley-3/4 c. Whole Grain Bread Fresh Banana-1 Milk-8 oz.	11 Baked Ziti-8 oz. Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Whole Wheat Dinner Roll Milk-8 oz.
14 Breaded Chicken Fillet on a Whole Wheat Bun-1 Green Beans-3/4 c. Diced Pear Cup-1/2 c. Milk-8 oz.	15 Meatballs with Sauce on a W/G Sub Roll-1 Diced Carrots-1 c. Fresh Apple-1 Milk-8 oz.	16 Salisbury Steak with Gravy-3 oz. Mashed Potatoes-3/4 c. Whole Wheat Dinner Roll Fresh Orange-1 Milk-8 oz.	17 All Beef Hot Dog on a Whole Wheat Hot Dog Bun-1 Vegetarian Beans-3/4 c. Fresh Banana-1 Milk-8 oz.	18 Cheese Ravioli with Meat Sauce-5 oz.. Broccoli Florets-3/4 c. Whole Grain Bread Diced Peach Cup-1/2 c. Milk-8 oz.
21 Chicken Fingers-3 Corn-3/4 c. Fresh Orange-1 Whole Wheat Dinner Roll Milk-8 oz.	22 Beef Nachos with Cheddar Cheese Sauce-6 oz. Fresh Baby Carrots w/ Dip-1 c. W/G Tortilla Scoops-1 oz. Applesauce Cup-1/2 c. Milk-8 oz.	23 W/G Popcorn Chicken-3.8 oz. Vegetarian Beans-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	24 <b>HAPPY THANKSGIVING</b>	25 <b>School Closed</b>
28 W/G Chicken Nuggets-4 Diced Carrots-1 c. Fresh Orange-1 Whole Grain Bread Milk-8 oz.	29 <b>BREAKFAST FOR LUNCH</b> French Toast Sticks w/ Syrup-3 Turkey Sausage Links-3 oz. Celery Sticks w/ Dip-3/4 c. Diced Pear Cup-1/2 c. Milk-8 oz.	30 Chicken Tacos with Shredded Cheddar Cheese on a W/G 6" Soft Taco Shell-2 Black Beans-3/4 c. Fresh Banana-1 Milk-8 oz.		