

Grab-n-Go breakfast offered daily.
 Grab-n-Go breakfast includes milk, fruit, fruit juice, choice of cheese stick or yogurt, and choice of whole grain cereal bar, WG cereal bowl, WG bagel with cream cheese, or WG Frudel.

St Francis Learning Center

Lunch Menu November 2018

Lunch \$2.50 2nd Lunch \$3.75/Adult \$3.75
 Extra Entrée \$2.15/Extra Milk \$.50

Choice of low fat milk, a variety of fruit, vegetables & lettuce salad offered daily with each meal. A boxed entree salad or turkey and cheese sandwich is available daily as an alternative.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Loaded BACON CHEESEBURGER on Whole Grain BUN with Lettuce, Tomato Slices and Onions Crispy Tater Tots Baked Beans Applesauce Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl	2 Whole Grain PERSONAL PAN CHEESE PIZZA Peas and Carrots Creamy Coleslaw Pineapple Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl
5 Slow Roasted BBQ PULLED PORK on a Whole Grain BUN Crispy Tater Tot s Baked Beans and Creamy Coleslaw Pears Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl	6 SPAGHETTI & BEEF MEATBALLS♦ with Red Sauce over Whole Grain PASTA And Parmesan Cheese Whole Grain Garlic Breadstick Steamed Broccoli Applesauce & Fresh Fruit Bowl Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings	7 TACO IN A BAG with Taco Meat♦, Whole Grain Nacho Tortilla Chips, Lettuce, Tomato, Cheese, Peppers, Olives, Lite Sour Cream & Salsa 100% Juice Cup Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl	8 Crispy CHICKEN TENDERS♦ Creamy Mashed Potatoes and Gravy Cooked Carrots Mixed Fruit Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl Whole Grain Dinner Roll	9 Whole Grain CHEESE BOSCO STICKS♦ with Pizza Sauce Green Beans with Red Peppers Peaches Jello Salad with Mixed Fruit Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl
12 Glazed CHICKEN TERIYAKI BITES♦ Vegetable Egg Roll with Sweet & Sour Sauce Oriental Whole Grain Rice Oriental Vegetables Pineapple Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl Fortune Cookie	13 State Fair Style Whole Grain MINI CORN DOGS♦ with Mustard & Ketchup Baby Steamed Carrots Baked Potato with Cheese Sauce, Lite Sour Cream and Green Onions Mandarin Oranges Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl	14 TACO MEAT TACOS on Whole Grain SOFT OR HARD SHELL TORTILLAS Lettuce, Tomatoes, Shredded Cheese Lite Sour Cream and Salsa Refried Beans Spanish Whole Grain Rice Applesauce Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl	15 School Made CHICKEN PARMESAN with Mozzarella Cheese & Marinara Sauce Over Whole Grain PASTA Steamed Broccoli Peaches Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl Sorbet Cup	16 Whole Grain CHEESY CALZONE with Pizza Sauce Baked Beans Fresh Veggies & Low Fat Dip Pears Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl
19 Glazed SESAME CHICKEN over Oriental Whole Grain Rice with Vegetarian Egg Roll Steamed Broccoli Pineapple & Mandarin Oranges Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl Fortune Cookie	20 BRUNCH LUNCH: WHOLE GRAIN FRENCH TOAST STICKS with Syrup TURKEY SAUSAGE Fruited Yogurt Green Beans with Red Peppers Applesauce, 100% Juice Cup Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl	21 CREAMY CHICKEN ALFREDO SAUCE over WHOLE GRAIN LINGUINI Whole Grain Garlic Breadstick Green Peas & Carrots Peaches Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl Whole Grain M&M Cookie	22 No School	23 No School
26 No School	27 CHICKEN in GRAVY over CREAMY MASHED POTATOES School Baked Whole Grain Roll Cranberry Sauce Green Beans with Red Peppers Pineapple & Fresh Fruit Bowl Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Home Style School Made Fruit Crisp	28 Whole Grain NACHOS with Beef Taco Meat♦, Cheese, Lettuce, Tomato, Red Peppers, Olives, Lite Sour Cream & Salsa Refried Beans 100% Juice Cup Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl	29 Crispy POPCORN CHICKEN♦ with BBQ and Honey Mustard Sauce Whole Grain Pasta Salad Creamy Coleslaw Mixed Fruit Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl Harvest of the Month Sampling	30 Whole Grain MOZZARELLA CHEESE STIX♦ with Pizza Sauce Cooked Carrots Applesauce Romaine Mix Lettuce Salad Greens with Fresh Vegetable Toppings Fresh Fruit Bowl

♦USDA Child Nutrition Label, (USDA Certified product meets Child Nutrition meal pattern requirements for lean protein &/or whole grain rich grains). Program benefits and services are available to all children without regard to race, religion, color, sex, handicap, age or national origin. Free and reduced meal applications are available throughout the year in all schools or on the website at www.isd15.org. Students that receive free/reduced lunch also receive a free breakfast. Sending cash is at your own risk. Please send checks or use Visa, MasterCard, Discover, electronic check or debit card to purchase meals at <https://paypams.com>, a transaction fee will be assessed for each transaction. **Menu, product & nutritional information are subject to change per vendor product availability. This Institution is an equal opportunity provider.