



St. Thomas School Lunch Program

November 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Hamburger w/Bacon on Roll -OR- Pork Rib-B-Q on Roll French Fries Mixed Fruit Milk	3 Chicken Nuggets w/Wheat Roll -OR- Hot Ham and Cheese Bagel Mashed Potatoes Chilled Pears Milk	4 Spaghetti w/Meat Sauce & Garlic Bread -OR- Turkey & Cheese Wrap w/ Let. & Tom., Romaine Salad Applesauce & Graham Crackers, Milk	5 Grilled Cheese Sandwich -OR- Steak-Um w/Cheese on Roll Tomato Soup Apple Slices w/Honey PB Dip Dirt Dessert Milk	6 French Bread Cheese or Pepperoni Pizza -OR- Fish Shapes w/ French Fries Fresh Mixed Vegetables Peaches Milk
9 Beef & Cheese Nachos -OR- Turkey & Cheese Sandwich w/ Lettuce Carrot Sticks w/ Ranch Dressing, Chilled Pears Milk	10 French Toast Sticks w/Sausage Patty -OR- Ham and Cheese Bagel Hash Brown Orange Smiles Milk	11 VETERAN'S DAY NO SCHOOL	12 Turkey Pot Pie -OR- Chef Salad w/Wheat Roll Mixed Fruit Ice Cream Cup Milk	13 Homestyle Cheese or Pepperoni Pizza -OR- Fishwich Tossed Salad Chilled Pears Milk
16 Cheese Lasagna w/Italian Bread -OR- Tuna Melt on English Muffin w/Lettuce & Tomato Snack Crackers, Peach Cobbler w/Whipped Cream, Milk	17 Hard Shell Beef Taco w/Salsa Cheese, Lettuce, Tomato -OR- Turkey & Cheese on Roll Steamed White Rice Corn, Pineapple, Churros Milk	18 Oven Fried Chicken -OR- Baked Ham Mashed Potatoes, Roll Steamed Carrots Mixed Fruit Milk	19 Hot Dog on Roll -OR- Ham Italian French Fries Corn Pears and Icy Juicy Milk	20 Stuffed Crust Cheese & Pepperoni Pizza -OR- Fish Nuggets w/Mashed Potatoes, Cucumber Slices Sliced Peaches Milk
23 Macaroni & Cheese w/Wheat Roll -OR- Sloppy Joe Green Peas Mandarin Oranges Milk	24 Bag Lunch Bagel w/ Cream Cheese -OR- Turkey BLT Wrap Carrot Sticks Trix Yogurt, Craisins & Kiwi Milk	25 VACATION DAY	26 THANKSGIVING DAY	27 VACATION DAY
30 Hot Meatball Sub w/Shredded Cheese -OR- Deli Ham & Swiss on Roll Caesar Salad Peaches & Vanilla Pudding Milk				

PB & J Sandwich w/ a Yogurt Offered Daily

Choice of Skim, Lowfat 1%, Lowfat Chocolate, Lowfat Strawberry available with every meal.

Prices:

Adults \$3.60
Children \$2.50
Reduced \$0.40

*Menu subject to change without notice.