



St. John's Co Cathedral Middle School

November
2022

Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Pork Street Taco Pineapple Radish Pico Mexican Brown Rice Refried Beans Buffalo Chicken Wrap Fresh or Canned Fruit Vegetable Selection	2 Chicken Alfredo w/Pasta Garlic Breadstick Chef Salad Broccoli Bites Fresh or Canned Fruit	3 BBQ Rib Sandwich Spicy Bacon Cheeseburger Golden Crinkle Cut French Fries Fresh or Canned Fruit Vegetable Selection	4 No School
7 French Toast Sticks Sausage Patty Chicken Breakfast Biscuit Tater Tots Warm Cinnamon Apples Vegetable Selection	8 Walking Taco Lettuce, Tomato and Cheese Black Beans Chicken Waldorf Salad Fresh or Canned Fruit Vegetable Selection	9 Orange Chicken Fried Rice Fortune Cookie Hamburger on a Bun Fresh or Canned Fruit Vegetable Selection	10 Sloppy Joe on a Bun Golden Crinkle Cut French Fries Honey Mustard Ham Wrap Fresh or Canned Fruit Vegetable Selection	11 French Bread Pizza Marinara Sauce Pretzel Bites Yogurt Pak Munchable Caesar Side Salad Fresh or Canned Fruit Vegetable Selection
14 Crispy Chicken Tenders Beef Hotdog on a Bun Golden Crinkle Cut French Fries Fresh or Canned Fruit Vegetable Selection	15 Roast Turkey & Gravy Mashed Potatoes Whole Grain Dinner Roll Glazed Carrots Warm Cinnamon Apples Pumpkin Bar	16 Pasta with Meatballs & Sauce Garlic Breadstick Roasted Broccoli Italian Meatball Sub Fresh or Canned Fruit Vegetable Selection	17 Beef Chili Cornbread Chili Dog Fresh or Canned Fruit Vegetable Selection	18 Cheese Pizza The "Mac" Flatbread Canned Fruit Bar Vegetable Bar
21 Grilled Cheese Sandwich Homemade Tomato Soup Oriental Chicken Wrap Fresh or Canned Fruit Vegetable Selection	22 Pancakes Syrup Sausage Patty Breakfast Potatoes Cinnamon Roll Breakfast Burrito Fresh or Canned Fruit Vegetable Selection	23 No School	24 Thanksgiving Day	25 No School
28 Cheeseburger on a Bun Corn Dog Golden French Fries Fresh or Canned Fruit Vegetable Selection	29 Turkey Taco Lettuce, Tomato and Cheese Cilantro Lime Rice Spiced Pinto Beans Beef Taco Salad Fresh or Canned Fruit Vegetable Selection	30 BBQ Pulled Pork Sandwich Baked Beans BBQ Chicken Sandwich Fresh or Canned Fruit Coleslaw	This is for Food 4 Thought	

PRICES

- Student Lunch
- Extra Entree
- Adult Lunch
- Extra Milk
- Salad Bar Only

\$1.50

EXTRA INFO

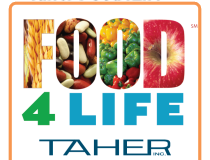
Milk Choice of 1% White or Skim Chocolate is Included with Lunch. For Questions or Concerns Contact Michelle Nelson
michelle.nelson@rcsmn.org

HARVEST OF



THE MONTH

Your MENUS plus more information on our app
TaHer Food4Life®



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