


# St. Joan Antida High School

## MCFI

### 9-12 Hot Lunch



# November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MILK FOR SCHOOL:</b> <b>SKIM WHITE</b> <b>LOW FAT WHITE</b> <b>SKIM CHOCOLATE</b>  <b>MENU SUBJECT TO CHANGE</b>	<b>1</b>  <b>Chicken Burrito Bowl</b> Ranchero Chicken and Beans With Shredded Cheese (1/2 oz) Over Cilantro Lime Rice WG Tortilla Chips Baby Carrots Seasonal Fruit (1 cup) Choice of Milk	<b>2</b>  WG Cheese Pizza Sticks Marinara Dipping Sauce (1/4 cup) Fresh Romaine Salad (1-1/2 cups) with Dressing Seasonal Fruit (1 cup) Choice of Milk	<b>3</b>  Italian Meatsauce over Bowtie Pasta WG Breadstick Baby Carrots Seasonal Fruit (1 cup) Choice of Milk	<b>4</b>  WG Chicken Smackers BBQ Sauce Packet WG Dinner Roll Oven-Roasted Potatoes Seasonal Fruit (1 cup) Choice of Milk
<b>7</b>  WG Chicken Nuggets BBQ Sauce Packet WG Blueberry Muffin Steamed Carrots Seasonal Fruit (1 cup) Choice of Milk	<b>8</b>  Orange Chicken over WG Brown Rice WG Dinner Roll Broccoli Slaw Seasonal Fruit (1 cup) Choice of Milk	<b>9</b>  Beef Taco Meat and Shredded Cheese with WG Tortilla Chips (1 oz) and Taco Sauce WG Cracker Ranchero Beans Seasonal Fruit (1 cup) Choice of Milk	<b>10</b>  Domino's Cheese Pizza Fresh Garden Salad Blend (1-1/2 cup) with Dressing Seasonal Fruit (1 cup) Choice of Milk	<b>11</b>  Cheeseburger on WG Bun Ketchup Packet Steamed Peas Seasonal Fruit (1 cup) Choice of Milk
<b>14</b>  WG Three Cheese Calzone Marinara Dipping Sauce (1/4 cup) Steamed Green Beans (3/4 cup) Seasonal Fruit (1 cup) Choice of Milk	<b>15</b>  WG Chicken Patty on WG Bun Vegetarian Baked Beans Seasonal Fruit (1 cup) Choice of Milk	<b>16</b>  WG Chicken Corn Dog Ketchup Packet WG Graham Cracker Baby Carrots Seasonal Fruit (1 cup) Choice of Milk	<b>17</b>  WG Cheese Pizza Sticks Marinara Dipping Sauce (1/4 cup) Fresh Romaine Salad (1-1/2 cups) with Dressing Seasonal Fruit (1 cup) Choice of Milk	<b>18</b>  Roasted Turkey with Gravy* WG Dinner Roll WG Cracker Mashed Potatoes Seasonal Fruit (1 cup) Choice of Milk
<b>21</b>  Roasted Chicken Leg BBQ Sauce Packet WG Biscuit Steamed Mixed Vegetables Seasonal Fruit (1 cup) Choice of Milk	<b>22</b>  WG Chicken Smackers BBQ Sauce WG Mini Waffle Pouch Syrup Cup Baby Carrots Seasonal Fruit (1 cup) Choice of Milk	<b>23</b>  Manager's Choice Entrée Steamed Vegetables Seasonal Fruit (1 cup) Choice of Milk	  <b>NO SCHOOL / MCFI CLOSED</b>	<b>25</b>  <b>NO SCHOOL / MCFI CLOSED</b>
<b>28</b>  Domino's Cheese Pizza Baby Carrots Seasonal Fruit (1 cup) Choice of Milk	<b>29</b>  Turkey Hot Dog on WG Bun Ketchup Packet Vegetarian Baked Beans Seasonal Fruit (1 cup) Choice of Milk	<b>30</b>  Orange Chicken over WG Brown Rice WG Dinner Roll Fresh Broccoli Bites Seasonal Fruit (1 cup) Choice of Milk		

\*Due to the Avian Flu outbreak earlier this year, turkey may not be available and may be substituted with Creamy Chicken and Gravy.

This institution is an equal opportunity provider.