

# St. Mary Catholic Schools

SMCS High School

NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 1  NO SCHOOL	Nov - 2  PUB BURGER/BUN BREAKFAST BOWL CRISPY CHICKEN SALAD FRUIT BOWL BUFFALO CHICKEN WRAP PBJ W/ CH STICK WAFFLE FRIES ASSORTED SNACKS/BREAD PEAS VEGETABLE BAR ASSORTED FRUIT	Nov - 3  DOMINOS PIZZA CRISPY CHICKEN SALAD FRUIT BOWL BUFFALO CHICKEN WRAP PBJ W/ CH STICK WAFFLE FRIES ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Nov - 4  CHICKEN TENDERS BREAKFAST BOWL CRISPY CHICKEN SALAD FRUIT BOWL BUFFALO CHICKEN WRAP PBJ W/ CH STICK ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Nov - 5  NACHO GRANDE CRISPY CHICKEN SALAD YOGURT FRUIT PARFAIT BUFFALO CHICKEN WRAP PBJ W/ CH STICK ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT
Nov - 8  CHICKEN PATTY/ BUN MAC & CHEESE BOWL CHEF SALAD FRUIT BOWL ROAST BEEF SUB PBJ W/ CH STICK ASSORTED SNACKS/BREAD BABY CARROTS VEGETABLE BAR ASSORTED FRUIT	Nov - 9  PUB BURGER/BUN CHEESE RAVIOLI CHEF SALAD FRUIT BOWL ROAST BEEF SUB PBJ W/ CH STICK ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Nov - 10  DOMINOS PIZZA CHEF SALAD FRUIT BOWL ROAST BEEF SUB PBJ W/ CH STICK ONION RINGS ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Nov - 11  CHICKEN NUGGETS MAC & CHEESE BOWL CHEF SALAD FRUIT BOWL ROAST BEEF SUB PBJ W/ CH STICK ROASTED VEGETABLES ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Nov - 12  SLOPPY JOE/BUN CHEF SALAD YOGURT FRUIT PARFAIT ROAST BEEF SUB PBJ W/ CH STICK CALIFORNIA BLEND ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT
Nov - 15  SPICY CHICKEN PATTY/ BUN TERIYAKI CHICKEN W/ RICE GRILLED CHICKEN SALAD FRUIT BOWL TURKEY CLUB WRAP BAKED BEANS ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Nov - 16  PUB BURGER/BUN ORANGE CHICKEN W/RICE GRILLED CHICKEN SALAD FRUIT BOWL TURKEY CLUB WRAP CORN ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Nov - 17  DOMINOS PIZZA GRILLED CHICKEN SALAD FRUIT BOWL TURKEY CLUB WRAP SOUR CR & CHIVE FRIES ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Nov - 18  BOSCO STICKS/ SAUCE TERIYAKI CHICKEN W/ RICE GRILLED CHICKEN SALAD FRUIT BOWL TURKEY CLUB WRAP PBJ W/ CH STICK GREEN BEANS ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Nov - 19  SCALLOPED POTATO/ HAM GRILLED CHICKEN SALAD YOGURT FRUIT PARFAIT TURKEY CLUB WRAP PBJ W/ CH STICK ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT
Nov - 22  CHICKEN PATTY/ BUN BONELESS WINGS CHEF SALAD FRUIT BOWL HAM & SWISS SUB PBJ W/ CH STICK ASSORTED SNACKS/BREAD CALIFORNIA BLEND VEGETABLE BAR ASSORTED FRUIT	Nov - 23  PUB BURGER/BUN BONELESS WINGS CHEF SALAD FRUIT BOWL HAM & SWISS SUB PBJ W/ CH STICK ASSORTED SNACKS/BREAD GREEN BEANS VEGETABLE BAR ASSORTED FRUIT	Nov - 24  NO SCHOOL	Nov - 25  NO SCHOOL	Nov - 26  NO SCHOOL

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

\* - denotes combined nutrient totals with either missing or incomplete nutrient data.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Nov - 29  SPICY CHICKEN PATTY/ BUN SPAGHETTI/ MEATBALLS BUFFALO CHICKEN SALAD FRUIT BOWL CHICKEN RANCH WRAP PBJ W/ CH STICK ASSORTED SNACKS/BREAD CORN VEGETABLE BAR ASSORTED FRUIT	Nov - 30  PUB BURGER/BUN CHICKEN ALFREDO BUFFALO CHICKEN SALAD FRUIT BOWL CHICKEN RANCH WRAP PBJ W/ CH STICK ASSORTED SNACKS/BREAD BAKED BEANS VEGETABLE BAR ASSORTED FRUIT			

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