

St. Mary Catholic Schools

SMCS Middle School

NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 1 NO SCHOOL	Nov - 2 TURKEY CLUB WRAP BURGER BAR CRISPY CHICKEN SALAD FRUIT BOWL HAM & CH SAND CALIFORNIA BLEND ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Nov - 3 CORNDOG BURGER BAR CRISPY CHICKEN SALAD FRUIT BOWL HAM & CH SAND RICE PILAF STEAMED BROCCOLI VEGETABLE BAR ASSORTED FRUIT	Nov - 4 DOMINOS PIZZA CRISPY CHICKEN SALAD FRUIT BOWL HAM & CH SAND ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Nov - 5 GRILLED CHICKEN /BUN BURGER BAR CRISPY CHICKEN SALAD FRUIT BOWL YOGURT FRUIT PARFAIT BABY CARROTS VEGETABLE BAR ASSORTED FRUIT
Nov - 8 CHICKEN NUGGETS BREAKFAST BOWL CHEF SALAD FRUIT BOWL PBJ W/ CH STICK ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Nov - 9 PUB BURGER/BUN BREAKFAST BOWL CHEF SALAD FRUIT BOWL PBJ W/ CH STICK SMILE POATOES ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Nov - 10 SLOPPY JOE/BUN BREAKFAST BOWL CHEF SALAD FRUIT BOWL PBJ W/ CH STICK ASSORTED SNACKS/BREAD CAULIFLOWER VEGETABLE BAR ASSORTED FRUIT	Nov - 11 DOMINOS PIZZA CHEF SALAD FRUIT BOWL PBJ W/ CH STICK BUTTERED PASTA MIXED VEGETABLES VEGETABLE BAR ASSORTED FRUIT	Nov - 12 FISH STICKS BREAKFAST BOWL CHEF SALAD YOGURT FRUIT PARFAIT ONION RINGS ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT
Nov - 15 BOSCO STICKS/ SAUCE GENERAL TSO'S CHICKEN GRILLED CHICKEN SALAD FRUIT BOWL BAKED BEANS ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Nov - 16 CHICKEN RANCH WRAP ORANGE CHICKEN W/RICE GRILLED CHICKEN SALAD FRUIT BOWL ASSORTED SNACKS/BREAD GREEN BEANS VEGETABLE BAR ASSORTED FRUIT	Nov - 17 SLOPPY JOE/BUN GENERAL TSO'S CHICKEN GRILLED CHICKEN SALAD FRUIT BOWL ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Nov - 18 DOMINOS PIZZA GRILLED CHICKEN SALAD FRUIT BOWL PBJ W/ CH STICK POTATO WEDGES VEGETABLE BAR ASSORTED FRUIT	Nov - 19 HOT DOG/ BUN ORANGE CHICKEN W/RICE GRILLED CHICKEN SALAD YOGURT FRUIT PARFAIT ASSORTED SNACKS/BREAD ROASTED VEGETABLES VEGETABLE BAR ASSORTED FRUIT
Nov - 22 MAC & CHEESE BONELESS WINGS CHEF SALAD FRUIT BOWL PBJ W/ CH STICK ASSORTED SNACKS/BREAD CALIFORNIA BLEND VEGETABLE BAR ASSORTED FRUIT	Nov - 23 PUB BURGER/BUN BONELESS WINGS CHEF SALAD FRUIT BOWL PBJ W/ CH STICK ASSORTED SNACKS/BREAD DICED CARROTS VEGETABLE BAR ASSORTED FRUIT	Nov - 24 NO SCHOOL	Nov - 25 NO SCHOOL	Nov - 26 NO SCHOOL
Nov - 29 CHICKEN PATTY/ BUN SPAGHETTI/ MEATBALLS BUFFALO CHICKEN SALAD FRUIT BOWL PBJ W/ CH STICK ASSORTED SNACKS/BREAD CORN VEGETABLE BAR ASSORTED FRUIT	Nov - 30 NACHO GRANDE CHICKEN ALFREDO BUFFALO CHICKEN SALAD FRUIT BOWL PBJ W/ CH STICK SPANISH RICE ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT			

**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.