

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*SUBSTITUTES: November 1-11: Corn Dog 30g November 14-30: Chicken Nuggets 8g Everyday: Salad 4g or Peanut Butter Sandwich 34g Lunch: \$2.75 Milk: \$.50</p>			<p align="center">CARBOHYDRATES IN GRAMS</p> <p>White Milk 1% 13g Chocolate Milk Fat Free 20g ½ Banana 14g Apple 22g Orange 11g</p> <p align="right">•Website: stmarysvanwert.com • •Phone: 419-238-5186 • •Menu subject to unexpected changes • •USDA is an equal opportunity provider and employer •</p>	
			<p>1 *TACO MEAT, CHEESE & TORTILLA CHIPS 32g Romaine salad 0 g with crackers 4g Refried beans 5g Peaches 14g Milk</p>	<p>2 *CHICKEN & NOODLES 21g Mashed potatoes 13g Dinner roll 21g Fruit Milk</p>
<p>5 *CHICKEN NUGGETS 8g Tater tots 20g Mixed fruit 24g Milk</p>	<p>6 *HOT DOG ON A BUN 23g Baked beans 29g Pears 16g Milk</p>	<p>7 *PEPPERONI PIZZA 34g Green beans 5g Peaches 14g Milk</p>	<p>8 *NACHO CHEESE, TORTILLA CHIPS & BREADSTICK 24g Carrots 0g Pears 16g Milk</p>	<p>9 BBQ BEEF ON BUN 24g Celery 0g Fresh Fruit Milk</p>
<p>12 *POPCORN CHICKEN 8g Baked beans 24g Peaches 14g Milk</p>	<p>13 *LASAGNA 19g Romaine salad 0 g with crackers 4g Fresh fruit Milk</p>	<p>14 *CORN DOG 30g Cauliflower 0g Pears 16g Milk</p>	<p>15 *CHEESEBURGER ON A BUN Carrots 0g Applesauce 20g Milk</p>	<p>16 *MAC & CHEESE 40g Muffin 30g Green beans 5g Fruit Milk</p>
<p>19 *PIGS IN A BLANKET 17g Tater tots 20g Peaches 14g Milk</p>	<p>20 *ROASTED TURKEY 0 g Mashed potatoes 13g Dinner roll 21g Fruit Milk</p>	<p align="center">21 NO SCHOOL Thanksgiving Break</p>	<p align="center">22 NO SCHOOL Happy Thanksgiving!</p>	<p align="center">23 NO SCHOOL Thanksgiving Break</p>
<p>26 *CORN DOG 30g Baked beans 24g Fresh fruit Milk</p>	<p>27 *SAUSAGE PATTY 2g Hashbrown 15g Orange juice 30g French toast sticks 60g Milk</p>	<p>28 *PEPPERONI PIZZA 17g Green beans 5g Peaches 14g Milk</p>	<p>29 *GRILLED CHEESE 8g Tomato soup 16g Pears 16g Milk</p>	<p>30 *CHICKEN PATTY ON BUN 30g Tater tots 20g Applesauce 20g Milk</p>

St. Mary's School November 2018 Lunch Menu