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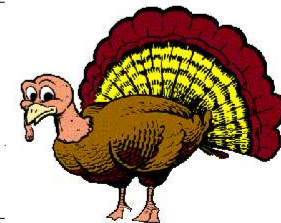
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St. Paschal

	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Nutrients</i>	
1	CHICKEN POPPERS with dunking sauce TATER TOTS FRESH VEGGIE CUP FRESH FRUIT OF THE DAY . Ranch dressing	SALAD BAR with POPCORN CHICKEN or TUNA SALAD FRESH VEGGIES and FRUIT FRESH FRUIT OF THE DAY GARLIC BREADSTICK . 	EGG McMUFFIN with cheese, sausage POTATO TRIANGLE CINNAMON APPLESAUCE YOPLAIT YOGURT . 	BUTTERED NOODLES BOSCO CHEESY BREADSTICK VEGGIE STICKS & Ranch FRESH APPLE . 	SLICE OF PIZZA ROMA CHEESE PIZZA SOFT WHEAT PRETZEL STICK Garden SALAD VANILLA PUDDING . 	<i>Cal</i> 763 <i>T.Fat</i> 23.30 G (27.5 %) <i>S.Fat</i> 7.9 G (9.3 %) <i>Carb</i> 109.30 G (57.3 %) <i>Fiber</i> 6.3 G
8	CHEESEBURGER FRENCH FRIES VEGGIE STICKS & Ranch RICE KRISPY TREAT . 	BUTTERED NOODLES GARLIC BREADSTICK VEGGIE STICKS & Ranch ORANGES . 	FRENCH TOAST STICKS WITH SYRUP POTATO TRIANGLE TURKEY SAUSAGE LINK CINNAMON APPLESAUCE . 	MASTER'S Cheese Pizza SOFT WHEAT PRETZEL STICK Garden SALAD CHOCOLATE PUDDING . LOW FAT RANCH OR	<i>Cal</i> 800 <i>T.Fat</i> 24.66 G (27.7 %) <i>S.Fat</i> 7.7 G (8.7 %) <i>Carb</i> 118.30 G (59.1 %) <i>Fiber</i> 6.1 G	
15	GARLIC CHEESE FRENCH BREAD VEGGIE STICKS & Ranch FRESH FRUIT OF THE DAY **mini ICE CREAM SANDWICH . 	ALL BEEF HOT DOG CURLY FRIES CRAZY CORN FRESH FRUIT OF THE DAY . 	Brunch for Lunch! MAPLE BURNST'N MINI PANCAKES TURKEY SAUSAGE LINK POTATO TRIANGLE APPLESAUCE . 	BUTTERED NOODLES GARLIC BREADSTICK VEGGIE STICKS & Ranch ORANGES . 	SLICE OF PIZZA ROMA CHEESE PIZZA SOFT WHEAT PRETZEL STICK Garden SALAD VANILLA PUDDING . 	<i>Cal</i> 728 <i>T.Fat</i> 23.28 G (28.8 %) <i>S.Fat</i> 6.6 G (8.2 %) <i>Carb</i> 107.68 G (59.2 %) <i>Fiber</i> 5.7 G
22	Mini Corn Dogs (turkey) SMILEY FACE POTATOES DICED PEACHES OREO COOKIES . 	MASTER'S Cheese Pizza SOFT WHEAT PRETZEL STICK FRESH VEGGIE CUP CHOCOLATE PUDDING . Ranch dressing	NO School	 Happy Thanksgiving!		<i>Cal</i> 769 <i>T.Fat</i> 23.97 G (28.0 %) <i>S.Fat</i> 6.2 G (7.2 %) <i>Carb</i> 116.31 G (60.5 %) <i>Fiber</i> 7.2 G
29	BAKED CHICKEN PATTY ON WHEAT BUN BAKED POTATO CHIPS VEGGIE STICKS & Ranch BLUE RASPBERRY FRUIT JUICE BAR . 	WALKING TACO w/ DORITOS Shred.Lettuce & Cheese CRAZY CORN MEXICAN RICE PINEAPPLE TIDBITS . 				

If your child has a severe food allergy, please review menu carefully and call 995-7835 for additional info. or ingredient listings.



Menus subject to change, especially if calamity days are called

Menus reviewed by
Robin Smeal, RD, LD