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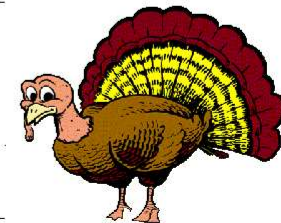
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St. Paschal

	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Nutrients</i>
	1 GRILLED CHEESE SANDWICH TATER TOTS FRESH VEGGIE CUP SLICED APPLES Ranch dressing .	2 Eggo Mini Cinnamon Waffles POTATO TRIANGLE TURKEY SAUSAGE LINK CINNAMON APPLESAUCE .	3 BUTTERED NOODLES BOSCO CHEESY BREADSTICK Strawberry Cup **SUGAR COOKIE .	4 MASTER'S Cheese Pizza SOFT WHEAT PRETZEL STICK Garden SALAD VANILLA PUDDING . LOW FAT RANCH OR ITALIAN	Cal 797 T.Fat 23.75 G (26.8 %) S.Fat 7.8 G (8.8 %) Carb 122.42 G (61.4 %) Fiber 6.4 G
7 Mini Corn Dogs (turkey) SMILEY FACE POTATOES VEGGIE STICKS & Ranch DICED PEACHES **CHOC CHIP COOKIE	8 MEXICAN PIZZA CRAZY CORN MEXICAN RICE PINEAPPLE TIDBITS .	9 MAPLE BURNST'N MINI PANCAKES TURKEY SAUSAGE LINK POTATO TRIANGLE APPLESAUCE .	10 SLICE OF PIZZA ROMA CHEESE PIZZA SOFT WHEAT PRETZEL STICK Garden SALAD CHOCOLATE PUDDING .	11	Cal 781 T.Fat 24.14 G (27.8 %) S.Fat 5.2 G (6.0 %) Carb 115.31 G (59.1 %) Fiber 6.6 G
14 BAKED CHICKEN PATTY ON WHEAT BUN FRENCH FRIES FRESH VEGGIE CUP FRESH FRUIT OF THE DAY .	15 SALAD BAR with POPCORN CHICKEN or TUNA SALAD FRESH VEGGIES and FRUIT FRESH FRUIT OF THE DAY ROLL .	16 Brunch for Lunch! FRENCH TOAST STICKS WITH SYRUP POTATO TRIANGLE TURKEY SAUSAGE LINK CINNAMON APPLESAUCE .	17 BUTTERED NOODLES BREADED MOZZARELLA STIX Marinara Sauce FRESH VEGGIE CUP DICED PEACHES .	18 SLICE OF PIZZA ROMA CHEESE PIZZA SOFT WHEAT PRETZEL STICK Garden SALAD CHOCOLATE PUDDING .	Cal 769 T.Fat 21.60 G (25.3 %) S.Fat 6.3 G (7.3 %) Carb 116.31 G (60.5 %) Fiber 7.7 G
21 BUTTERED NOODLES GARLIC BREADSTICK ORANGES **mini ICE CREAM SANDWICH .	22 MASTER'S Cheese Pizza SOFT WHEAT PRETZEL STICK Garden SALAD VANILLA PUDDING . LOW FAT RANCH OR ITALIAN	23 NO School	24 	25	Cal 764 T.Fat 20.57 G (24.2 %) S.Fat 6.3 G (7.4 %) Carb 121.76 G (63.7 %) Fiber 5.1 G
28 CHICKEN NUGGETS CHEESY MAC AND CHEESE FRESH VEGGIE CUP FRESH FRUIT OF THE DAY .	29 WALKING TACO w/ DORITOS Shred.Lettuce & Cheese CRAZY CORN MEXICAN RICE PINEAPPLE TIDBITS .	30 EGG McMUFFIN with cheese, sausage POTATO TRIANGLE FROZEN STRAWBERRY YOGURT CUP CINNAMON APPLESAUCE .			

Happy Thanksgiving!



Menus subject to change

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

Menus reviewed by
Robin Smeal, RD, LD