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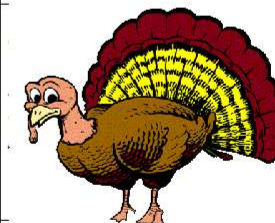
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St. Paschal

	Tuesday	Wednesday	Thursday	Friday	Nutrients
		1 Mini EGGO Pancakes TURKEY SAUSAGE LINK Potato of the day APPLESAUCE .	2 BUTTERED NOODLES GARLIC BREADSTICK VEGGIE STICKS & Ranch DICED PEACHES .	3 SLICE OF PIZZA ROMA CHEESE PIZZA SOFT WHEAT PRETZEL STICK Garden SALAD CHOCOLATE PUDDING .	Cal 727 T.Fat 19.18 G (23.7 %) S.Fat 4.8 G (6.0 %) Carb 115.79 G (63.7 %) Fiber 6.7 G
		Brunch for Lunch!			
6 GRILLED CHEESE SANDWICH TATER TOTS FRESH FRUIT OF THE DAY RICE KRISPY TREAT .	7 SALAD BAR with POPCORN CHICKEN or TUNA SALAD FRESH VEGGIES and FRUIT FRESH FRUIT OF THE DAY ROLL .	8 Eggo Mini Cinnamon Waffles SMILEY FACE POTATOES TURKEY SAUSAGE LINK CINNAMON APPLESAUCE .	9 SLICE OF PIZZA ROMA CHEESE PIZZA SOFT WHEAT PRETZEL STICK Garden SALAD VANILLA PUDDING .	10	Cal 712 T.Fat 20.48 G (25.9 %) S.Fat 7.1 G (9.0 %) Carb 104.87 G (58.9 %) Fiber 6.3 G
13 BAKED CHICKEN TENDERS CHEESY MAC AND CHEESE VEGGIE STICKS & Ranch FRUIT CUP .	14 Meatball Sub BAKED POTATO CHIPS DICED PEARS **SUGAR COOKIE .	15 Mini EGGO Pancakes TURKEY SAUSAGE LINK Potato of the day APPLESAUCE .	16 BUTTERED NOODLES GARLIC BREADSTICK VEGGIE STICKS & Ranch FRESH FRUIT OF THE DAY .	17 MASTER'S Cheese Pizza SOFT WHEAT PRETZEL STICK Garden SALAD CHOCOLATE PUDDING . LOW FAT RANCH OR ITALIAN	Cal 769 T.Fat 25.39 G (29.7 %) S.Fat 6.8 G (8.0 %) Carb 104.09 G (54.1 %) Fiber 5.8 G
20 BAKED CHICKEN PATTY ON WHEAT BUN SPUDSTER POTATO BITES DICED PEACHES **mini ICE CREAM SANDWICH .	21 EGG McMUFFIN with cheese, sausage Potato of the day FROZEN STRAWBERRY YOGURT CUP CINNAMON APPLESAUCE .	22 NO School	23 	24	
		Happy Thanksgiving!			
27 GARLIC CHEESE FRENCH BREAD VEGGIE STICKS & Ranch RED GRAPES **CHOC CHIP COOKIE .	28 Mini Corn Dogs (turkey) SMILEY FACE POTATOES VEGGIE STICKS & Ranch SHAPE-UP FRUIT JUICE BAR .	29 FRENCH TOAST STICKS WITH SYRUP POTATO TRIANGLE TURKEY SAUSAGE LINK CINNAMON APPLESAUCE .	30 BUTTERED NOODLES BOSCO CHEESY BREADSTICK VEGGIE STICKS & Ranch FRESH FRUIT OF THE DAY .		Cal 756 T.Fat 22.37 G (26.6 %) S.Fat 7.1 G (8.4 %) Carb 113.41 G (60.0 %) Fiber 6.7 G



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