

## **NOVEMBER 2023**DIOCESE OF LAKE CHARLES

CHOICE OF MILK: 1% White Fat Free Strawberry & Chocolate

## Thursday Friday Monday **Tuesday** Wednesday Baked Chicken, Gravy Loaded Baked Potato Meatballs in Gravy GB/Cheese/Ham/SC/BB **ALL SAINTS DAY** Brown Rice 1/2-1 Broccoli 1/2 **Buttered Carrots 1/2** Peach Slices 1/2 Navy or Lima Beans 1/4-1/2 High School Fruit 1/2 NO SCHOOL Fruit Choice 1/2 WG Yeast Rolls High School Fruit 1/2 Ham & Cheese Hot Sandwich Cheeseburger Fiesta Soft Tacos Pork Leg Roast, Gravy Chili Mac WG Hamburger Bun GB/Fajita Chicken/Cheese Green Beans 1/2 Brown Rice 1/2 #100126 French Fries 1/2 Pinto Beans 1/2 Cauliflower & Cheese 1/4-1/2 Red Beans 1/2 Tomato Basil Soup 1/2 OR Tomato Slices 1/4-1/2 Sweet Kernel Corn 1/4-1/2 Pineapple Tidbits 1/2 Mustard Greens 1/4-1/2 Fresh Baby Carrots Fruit Choice 1/2 High School Fruit 1/2 Broccoli 1/4-1/2 Orange Smiles 1/2 Applesauce 1/2 High School Fruit 1/2 Homemade Breadstick 1 oz. Ranch Dipping Sauce High School Fruit 1/2 High School Fruit 1/2 Surprise Dessert Cornbread Squares Fruit Mix 1/2 High School Fruit 1/2 Crispy Chicken Patty Beef Fingers, Gravy Chili with Cheese Meat Choice, Gravy Italian Spaghetti Sauce Creamy Potatoes 1/2 Brown Rice 1/2-1 Sweet Kernel Corn 1/2 WG Hamburger Bun WG Spaghetti Broccoli & Cheese 1/4-1/2 Sweet Potato Fries 1/2 Black Eye Peas 1/2 Fresh Broccoli Florets 1/4-1/2 Green Beans 1/2 Cucumber Sticks/Slices 1/4-1/2 Strawberry Cups 1/2 Fresh Baby Carrots 1/4-1/2 Pear Slices 1/2 Cherry or Grape Tomatoes 1/4-1/2 Ranch Dipping Sauce High School Fruit 1/2 Fruit Mix 1/2 High School Fruit 1/2 Cantaloupe 1/2 Orange Smiles 1/2 WG Yeast Roll High School Fruit 1/2 Frito Corn Chips High School Fruit 1/2 High School Fruit 1/2 Homemade Breadstick (1 oz.) 20 21 23 THANKSGIVING HOLIDAYS NO SCHOOL 20th - 24th Hamburger Beefy Nachos Grande Ham, Gravy #100184 Cheesy Chicken Pasta 90 (GB/Cheese/SC/Salsa) WG Hamburger Bun Brown Rice 1/2-1 Buttered Carrots 1/2 Tomato Slices 1/4-1/2 Pinto Beans 1/2 Green Beans 1/2 Cucumber Slices/Sticks 1/4-1/2 Sweet Kernel Corn 1/4-1/2 French Fries 1/2 Sweet Potato Crunch 1/4-1/2 Peach Slices 1/2 Fresh Seasonal Fruit 1/2 Applesauce 1/2 Fruit Mix 1/2 High School Fruit 1/2 High School Fruit 1/2 High School Fruit 1/2 High School Fruit 1/2 Homemade Breadstick (1 oz.) Tortilla Chips