

# November 2017

## Holy Cross Catholic School



PreK-3: 11:00-11:30      2<sup>nd</sup> Grade: 11:25-11:55  
 PreK-4: 11:05-11:35      3<sup>rd</sup> Grade: 11:30-12:00  
 Kinder: 11:15-11:45      4<sup>th</sup> Grade: 11:35-12:05  
 1<sup>st</sup> Grade: 11:20-11:50      5<sup>th</sup> Grade: 11:40-12:10  
 6<sup>th</sup> Grade: 11:45-12:15



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Chicken Strips 1  
 Rice / Gravy  
 Broccoli  
 Bread / Fruit  
 Milk

Hamburgers 2  
 Lettuce / Tomato  
 Pickles  
 Chips  
 Milk

Fish Sticks 3  
 Mac n Cheese  
 Corn  
 Bread / Fruit  
 Milk

Chicken Burger 6  
 Burger Toppings  
 Fritos  
 Fruit  
 Milk

Chili over Rice 7  
 Pinto Beans  
 Crackers  
 Cake  
 Milk

Hamburger / 8  
 Mac n Cheese casserole  
 Salad  
 Garlic stick / Fruit  
 Milk

Steak Fingers 9  
 French Fries  
 Cucumbers  
 Cookie  
 Milk

Grilled Cheese 10  
 Potato Chips  
 Pickle Spear  
 Fruit  
 Milk

Zoo Nuggets 13  
 Peas  
 Salad  
 Fruit  
 Milk

Crispitos 14  
 Nacho chips / Salsa  
 Carrots Sticks  
 Cookie  
 Milk

Turkey / Dressing 15  
 Green Beans  
 Cranberries / Roll  
 Cookie  
 Milk

BBQ Burger 16  
 Fritos  
 Pickles  
 Cookie  
 Milk

Corn Dog 17  
 French Fries  
 Cucumber  
 Fruit  
 Milk

Pepperoni Pizza 20  
 on Texas Toast  
 Green Beans  
 Salad / Fruit  
 Milk

Ham/Cheese Wrap 21  
 Cucumbers  
 Chips  
 Cookie  
 Milk

22  
 OUT FOR  
 THANKSGIVING  
 BREAK!

23

24

Hot Dogs 27  
 Fritos  
 Pickles  
 Fruit  
 Milk

Tamales 28  
 Spanish Rice  
 Chips / Salsa  
 Cookie  
 Milk

Chicken Alfredo 29  
 Salad  
 Garlic Stick  
 Fruit  
 Milk

Sausage Wrap 30  
 Pinto Beans  
 Carrot Sticks  
 Pudding  
 Milk

