

# St Gregory the Great Lunch Menu



## NOVEMBER 2022



CAULIFLOWER & WINTER  
SQUASH



Menu Subject To Change

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Myschoolbucks.com</b> For your lunch & snack purchases! ----- Celery Sticks Maple Glazed Carrots	1 <b>Taco Baked Potato Meat/Cheese Butter /Sour Cream</b> ----- Salsa Black Beans Broccoli	2 <b>French Toast Sticks Breakfast Sausage Egg Patty</b> ----- Carrot Bites Green Beans	3 <b>Cheese/Pepperoni Pizza Bflo. Style Pizza</b> ----- Sweet Green Peppers Cooked Broccoli	4 <b>National Candy Day</b> ----- Chicken Breast Fillet w/ Roasted Potatoes ----- Candy Chocolate Chip Cookie Sweet Corn Cauliflower
7 <b>Chicken Nuggets w/Seasoned Noodles</b> ----- Celery Sticks Maple Glazed Carrots	8 <b>Grill Cheese w/ Tomato Soup</b> ----- Romaine Salad Roasted Zucchini	9 <b>Chipotle Style Bowl</b> ----- Rice Bowl w/ Seasoned Pulled Pork ----- Corn Salsa Black Beans Broccoli	10 <b>Cheese/Pepperoni Pizza Bflo. Style Pizza</b> ----- Green Beans Carrot Sticks	11 <b>VETERAN'S DAY</b> NO SCHOOL
14 <b>Cheeseburger w/Bun Hamburger w/Bun</b> ----- Romaine Salad Cups French Fries BBQ Baked Beans	15 <b>Macaroni &amp; Cheese w/Tortilla Chips</b> ----- Carrot Bites Roasted Winter Squash	16 <b>Ham, Egg &amp; Cheese Muffin w/French Fries</b> ----- Cucumber Slices Broccoli Florets	17 <b>11 AM DISMISSAL</b> Parent/Teacher Conferences	18 <b>11AM DISMISSAL</b> Parent/Teacher Conferences
21 <b>Chicken Tenders &amp; Mozzarella Sticks</b> ----- Carrot Bites Broccoli	22 <b>Cheese/Pepperoni Pizza Bflo Style Pizza</b> ----- Romaine Salad Cups Cauliflower	23 <b>THANKSGIVING RECESS</b>	24 <b>Happy Thanksgiving</b>	25 
28 <b>Chicken Nuggets w/French Fries</b> ----- Celery Sticks Maple Glazed Carrots	29 <b>Taco Scoops w/ Meat/Cheese Chicken Fajita Bowl</b> ----- Salsa Broccoli Florets Black Beans	<b>Ham &amp; Cheese Sub w/ Chips</b> ----- Carrot Bites Mixed Vegetables NYS Apple		<b>SNACKS</b> ICE CREAM \$1 CHIPS .75 RICE KRISPIE .75

### Offered Daily with All School Lunches:

#### FRESH FRUIT / FRUIT CUP

(Served by the 1/2c portion)

#### VEGETABLES

(variety of fresh & cooked)

(Must Take 1/2 cup of Fruit or Veggies)

May Take Both

#### NYS Milk from Upstate Farms

Skim, 1%, or Fat Free Chocolate Milk

#### We serve the following Items As Main Entree Daily

- Julienne Salad w/ Flatbread
- Yogurt Parfait w/Flatbread
- PB&J / PB
- Hot Dog

- Protein (Entrée)
- Paired with Whole Grains
- Choose a Vegetable
- Pick a Fruit
- Add cold, refreshing milk

### The Perfect Lunch!

This institution is an equal opportunity provider & employer.