

**St. Teresa**  
**Lunch (Main Entree), November - 2024**

**1**  
**Friday**

**ENTREE**  
Wild Mikes Cheese Pizza

**VEGETABLE**  
Carrot Sticks

**FRUIT**  
Assorted Fresh Fruit

**CONDIMENTS**  
Ranch Dip

**MILK**  
1% Lowfat Milk  
Chocolate Fat Free Milk  
Fat Free Milk

**4**  
**Monday**

**ENTREE**  
Mozzarella Sticks (PK-5)

**VEGETABLE**  
Green Beans

**FRUIT**  
Assorted Fresh Fruit

**CONDIMENTS**  
Marinara Dip

**MILK**  
1% Lowfat Milk  
Chocolate Fat Free Milk  
Fat Free Milk

**5**  
**Tuesday**

**ENTREE**  
Crispy Chicken Sandwich

**VEGETABLE**  
Emoji Fries

**FRUIT**  
Assorted Fresh Fruit

**CONDIMENTS**  
Ketchup  
Mayonnaise Packet

**MILK**  
1% Lowfat Milk  
Chocolate Fat Free Milk  
Fat Free Milk

**6**  
**Wednesday**

**ENTREE**  
Ham and Cheese Croissant

**VEGETABLE**  
Steamed Broccoli

**FRUIT**  
Assorted Fresh Fruit

**CONDIMENTS**  
Mayonnaise Packet  
Mustard Packet

**MILK**  
1% Lowfat Milk  
Chocolate Fat Free Milk  
Fat Free Milk

**7**  
**Thursday**

**ENTREE**  
Chicken and Waffles

**VEGETABLE**  
Honey Glazed Carrots

**FRUIT**  
Assorted Fresh Fruit

**MILK**  
1% Lowfat Milk  
Chocolate Fat Free Milk  
Fat Free Milk

**8**  
**Friday**

**ENTREE**  
Taco Stick

**VEGETABLE**  
Refried Beans  
Salsa

**FRUIT**  
Assorted Fresh Fruit

**MILK**  
1% Lowfat Milk  
Chocolate Fat Free Milk  
Fat Free Milk

**11**  
**Monday**

**ENTREE**  
Cheeseburger

**VEGETABLE**  
Celery Sticks

**FRUIT**  
Assorted Fresh Fruit

**CONDIMENTS**  
Ketchup  
Mayonnaise Packet  
Mustard Packet

**MILK**  
1% Lowfat Milk  
Chocolate Fat Free Milk  
Fat Free Milk

**12**  
**Tuesday**

**ENTREE**  
Chicken Tenders

**VEGETABLE**  
Steamed Corn

**FRUIT**  
Assorted Fresh Fruit

**CONDIMENTS**  
BBQ Sauce Cup

**MILK**  
1% Lowfat Milk  
Chocolate Fat Free Milk  
Fat Free Milk

**13**  
**Wednesday**

**ENTREE**  
Grilled Cheese

**VEGETABLE**  
Carrot Sticks  
Tomato Soup, Campbell's Low Sodium

**FRUIT**  
Assorted Fresh Fruit

**MILK**  
1% Lowfat Milk  
Chocolate Fat Free Milk  
Fat Free Milk

**14**  
**Thursday**

**ENTREE**  
Cheese Ravioli

**VEGETABLE**  
Side Salad

**FRUIT**  
Assorted Fresh Fruit

**CONDIMENTS**  
Italian Packet

**MILK**  
1% Lowfat Milk  
Chocolate Fat Free Milk  
Fat Free Milk

**15**  
**Friday**

**ENTREE**  
Wild Mikes Pepperoni Pizza

**VEGETABLE**  
Chickpea Salad

**FRUIT**  
Assorted Fresh Fruit

**MILK**  
1% Lowfat Milk  
Chocolate Fat Free Milk  
Fat Free Milk

**18**  
**Monday**

**ENTREE**  
Breaded Chicken Drumstick  
Chicken Nuggets (Pre-K)

**VEGETABLE**  
Mashed Potatoes

**FRUIT**  
Assorted Fresh Fruit

**MILK**  
1% Lowfat Milk  
Chocolate Fat Free Milk  
Fat Free Milk

**19**  
**Tuesday**

**ENTREE**  
Beef Hot Dog  
Grilled Cheese

**VEGETABLE**  
Carrot Sticks  
Vegetarian Baked Beans

**FRUIT**  
Assorted Fresh Fruit

**MILK**  
1% Lowfat Milk  
Chocolate Fat Free Milk  
Fat Free Milk

**20**  
**Wednesday**

**ENTREE**  
Max Stix

**VEGETABLE**  
Celery Sticks

**FRUIT**  
Assorted Fresh Fruit

**CONDIMENTS**  
Marinara Dip  
Ranch Dip

**MILK**  
1% Lowfat Milk  
Chocolate Fat Free Milk  
Fat Free Milk

**21**  
**Thursday**

**ENTREE**  
Turkey Roast

**VEGETABLE**  
Mashed Potatoes  
Mashed Sweet Potato

**FRUIT**  
Assorted Fresh Fruit

**CONDIMENTS**  
Smart Balance Butter Spread

**MILK**  
1% Lowfat Milk  
Chocolate Fat Free Milk  
Fat Free Milk

**22**  
**Friday**

**ENTREE**  
Turkey Meatball Sub

**VEGETABLE**  
Waffle Fries

**FRUIT**  
Assorted Fresh Fruit

**CONDIMENTS**  
Ketchup

**MILK**  
1% Lowfat Milk  
Chocolate Fat Free Milk  
Fat Free Milk

<b>25 Monday</b>	<b>26 Tuesday</b>	<b>27 Wednesday</b>	<b>28 Thursday</b>	<b>29 Friday</b>
<p><b>ENTREE</b> Toasted Ravioli</p> <p><b>VEGETABLE</b> Side Salad</p> <p><b>FRUIT</b> Assorted Fresh Fruit</p> <p><b>MILK</b> 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk</p>	<p><b>ENTREE</b> Chicken Nuggets</p> <p><b>VEGETABLE</b> Steamed Corn Waffle Fries</p> <p><b>FRUIT</b> Assorted Fresh Fruit</p> <p><b>CONDIMENTS</b> Ketchup Mustard Packet Sweet and Sour Sauce Packet</p> <p><b>MILK</b> 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk</p>	<p><b>ENTREE</b> Enchilada Empanada</p> <p><b>VEGETABLE</b> Fiesta Black Beans</p> <p><b>FRUIT</b> Assorted Fresh Fruit</p> <p><b>MILK</b> 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk</p>	<p><b>ENTREE</b> Ham, Egg &amp; Cheese English Muffin</p> <p><b>VEGETABLE</b> Cucumber Coins Hash Brown Patty</p> <p><b>FRUIT</b> Assorted Fresh Fruit</p> <p><b>CONDIMENTS</b> Ranch Dip</p> <p><b>MILK</b> 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk</p>	<p><b>ENTREE</b> Wild Mikes Cheese Pizza</p> <p><b>VEGETABLE</b> Carrot Sticks</p> <p><b>FRUIT</b> Assorted Fresh Fruit</p> <p><b>CONDIMENTS</b> Ranch Dip</p> <p><b>MILK</b> 1% Lowfat Milk Chocolate Fat Free Milk Fat Free Milk</p>

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