

SCHOOL LUNCH MENU

Thanks for your
Participation!!



St. Dominic Academy

NOVEMBER
2018




Choose your side and
make it a meal!

Vegetable of the day
Roasted potatoes
French fries
Mixed salad
Mashed potatoes
Onion rings
Rice of the day
Beans of the day

Fresh fruit of the day
(Apple, Orange, Pear)

Side choices depend on
Entrées for that day.


FOUR SEASONS
food service management

| Mon | Tue | Wed | Thu | Fri |
|---|--|--|---|--|
| <p><u>Vegetarian option available daily and made to order.</u></p> <p>Cheese quesadillas Veggie burger Grilled cheese</p> | | | <p>1</p> <p>Hamburger / cheeseburger Grilled Chicken wrap Bean & cheese burrito Chicken parm Frittata (tomato, basil) Onion rings</p> | <p>2</p> <p>asta w/Vodka sauce Pizza Mozzarella sticks Chicken nuggets Eggplant hero w/roasted peppers</p> |
| <p>5</p> <p>Philly cheese steak Chicken quesadillas Penne Alfredo Fried chicken Pizza bites</p> | <p>6</p> <p>Rigatoni Pomodoro Chicken tenders Sausage/peppers & onions Pizza egg roll Panini –Grilled chicken</p> | <p>7</p> <p>Chicken parm wrap Potatoes & eggs Hamburger / cheeseburger Grilled Pork chop w/bruschetta B.L.T. sub</p> | <p>8</p> <p>Crispy chicken on a bun Panini– Ham & swiss Meatball sub Buffalo wings</p> | <p>9</p> <p>No Service</p> |
| <p>12 <u>Veterans Day</u> <u>Freshman retreat</u> Popcorn chicken Grilled cheese Mac & cheese bites Pasta w/ garlic & oil</p> | <p>13 <u>Early Thanksgiving</u> Hot turkey w/ gravy Corn, mashed potatoes, stuff- ing and cranberry sauce. Chicken cutlet Stuffed shells Mac & cheese wedges (5pc)</p> | <p>14</p> <p>Sausage & peppers quesadillas Chicken tenders Cheese Ravioli Beef Empanada Grilled chicken platter</p> | <p>15</p> <p>Hamburger / cheeseburger Chicken wrap Panini– mozzarella, tomato & roasted peppers Chicken parm Beef & broccoli</p> | <p>16</p> <p>Pasta w/Vodka sauce Pizza Mozzarella sticks Chicken nuggets Eggplant hero w/roasted peppers Black bean burger</p> |
| <p>19</p> <p>Chicken fritters Tortellini w/chicken & peas Pulled pork Chicken bruschetta sub Mini tacos (7pc)</p> | <p>20</p> <p>Chicken fritters Bacon cheeseburger Spaghetti garlic & oil Chicken pot pie Pepper steak</p> | <p>21</p> <p>School Closed No Service</p> | <p>22 School Closed</p> <p></p> | <p>23</p> <p>School Closed Thanksgiving recess</p> |
| <p>26</p> <p>Macaroni & Cheese Pizza Bites Popcorn Chicken Meatball Sub Cuban Panini</p> | <p>27</p> <p>Roasted chicken wings Meatball parm –Panini Cheese Manicotti & garlic bread Chicken tenders Grilled hot dog</p> | <p>28</p> <p>Panini- Pulled pork Popcorn chicken wrap Pasta primavera Meatloaf & potatoes Spicy chicken gyro</p> | <p>29</p> <p>Hamburger / cheeseburger Chicken wrap Mini burritos (5pc) Chicken parm Boneless buffalo wings</p> | <p>30</p> <p>Pasta w/Vodka sauce Pizza Mozzarella sticks Chicken nuggets Eggplant hero w/roasted peppers</p> |

