

# St. Regis Academy

# NOVEMBER

# 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b></p> <p><b>No School</b></p> <p><i>All Saints Day</i></p>	<p><b>2</b></p> <p>Yogurt Cup Grahams Fruit Juice</p> <p>Meatball Sub Dinner Salad Cheesy Bread stick w/ Marinara Diced Pears</p>	<p><b>3</b></p> <p>Banana Bread Fruit Juice</p> <p>BBQ Pulled Pork or Chicken On WW Bun French Fries Mixed Fruit</p>
<p><b>6</b></p> <p>Cereal w/ Cheese Stick Fruit Juice</p> <p>Mandarin Chicken Rice Bowl Broccoli Mandarin Oranges</p>	<p><b>7</b></p> <p>French Toast Sticks Fruit Juice</p> <p>Nachos w/ Cheese Black Beans Mexican Salad Diced Pears</p>	<p><b>8</b></p> <p>Freshly Baked Whole Wheat Muffin Fruit Juice</p> <p>Breaded Beef Fingers Mashed Potatoes &amp; Gravy Lunch Bunch Grapes</p>	<p><b>9</b></p> <p>Yogurt Parfait Grahams Fruit Juice</p> <p><b>Spicy Chicken on WW Bun</b> Goldfish Crackers Creamy Cole Slaw Sliced Peaches</p>	<p><b>10</b></p> <p>Pop Tarts Fruit Juice</p> <p>Chicken Tenders Potato Wedges Mixed Fruit</p>
<p><b>13</b></p> <p>Cereal w/ Cheese Stick Fruit Juice</p> <p>BBQ Teriyaki Chicken Brown Rice Oriental Vegetables Pineapple Tidbits</p>	<p><b>14</b></p> <p>Turkey Bacon &amp; Biscuit Fruit Juice</p> <p>Chicken Fajita Tortilla Chips &amp; Sauce Cilantro Rice Fruit Cocktail</p>	<p><b>15</b></p> <p>Nutri Grain Bar Cheese Stick Fruit Juice</p> <p>Breaded Pork Steak on WW Bun Green Beans Diced Peaches</p>	<p><b>16</b></p> <p>Yogurt Cup Graham Crackers Fruit Juice</p> <p>Chicken Thigh/Drumstick Mashed Potatoes &amp; Gravy Orange Marmalade Carrots Dinner Roll / Applesauce</p>	<p><b>17</b></p> <p>Super Donut Fruit Juice</p> <p>BBQ Rib Patty on WW Bun Potato Wedges Goldfish Crackers Mixed Fruit</p>
<p><b>20</b></p> <p>Cereal w/ Cheese Stick Fruit Juice</p> <p>BBQ Glazed Chicken Drumstick w/ Brown Rice Broccoli Diced Peaches</p>	<p><b>21</b></p> <p>Banana Bread / Fruit Juice <b>SPECIAL FRIEND'S DAY</b> Nachos w/ Queso Cheese Perfect Pinto Beans Buttered Corn w/ Red Peppers Fruit Cocktail</p>	<p><b>22</b></p> <p><b>No School</b></p>	<p><b>23</b></p> 	<p><b>24</b></p> <p><b>No School</b></p>
<p><b>27</b></p> <p>Cereal w/ Cheese Stick Fruit Juice</p> <p>Mandarin Chicken W/ Brown Rice Oriental Vegetables Mandarin Oranges</p>	<p><b>28</b></p> <p>Cinnamon Roll Fruit Juice</p> <p>Fajita Salad Tortilla Chips &amp; Sauce Chuck Wagon Corn Diced Pears</p>	<p><b>29</b></p> <p>Breakfast Bar W Cheese Stick Fruit Juice</p> <p>Chicken Alfredo Pasta Garden Salad Bread Stick w/ Marinara Sauce Diced Peaches</p>	<p><b>30</b></p> <p>Yogurt Cup Graham Crackers Fruit Juice</p> <p>Chicken Nuggets Mashed Potatoes &amp; Gravy Lunch Bunch Grapes</p>	<p><i>All Meals include 8oz. Milk</i> <b>Lunch choice is</b> <b>Chocolate Skim or</b> <b>2% White</b></p> <p><b>Hand Fruit available</b></p>

**Due to delivery shortages - Menu subject to change**

"Ms. Sue" - Susan Young, Food Service Manager