LUNCH NOVEMBER 2011

St. Maria

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Barbeque Chicken Macaroni & Cheese Corn on the Cobb Fresh Baked Roll	2 Brunch for Lunch Pancakes Bacon Fruit Cocktail	3 Salisbury Steak Mashed Potatoes Fresh Green Beans Fresh Baked Roll Chocolate Chip Cookie	4 Pizza Day Choice of Cheese or Pepperoni Mixed Vegetable Sticks w/Ranch Peaches
7 Beef & Cheese Nachos Refried Beans Spanish Rice Cinnamon Crispitos	8 Chicken Pot Pie Fresh Green Peas Mixed Grapes	9 BBQ Sandwich Baked Lay's Chips Pickle Spear Sugar Cookie	10 Chicken Parmesan Herb Butter Penne Pasta Mixed Squash Fresh Baked Garlic Bread	11 Pizza Day Choice of Cheese or Pepperoni Mixed Vegetable Sticks w/Ranch Sliced Apples
14 Corndog Oven Baked French Fries Fresh Carrots	15 Enchilada Casserole Confetti Corn Refried Beans Spice Cake	16 Chicken Nuggets Baked Tater Tots Steamed Broccoli Jell-O	17 Chicken Alfredo Salad w/Ranch Dressing Fresh Wheat Roll Pineapples	18 Pizza Day Choice of Cheese or Pepperoni Mixed Vegetable Sticks w/Ranch Pears
21 Crunch Baked Shrimp ½ Baked Potato Green Beans	22 Steak Fingers Mashed Potatoes Mixed Peas & Carrots Chocolate Cake	23 Thanksgiving Holiday	24 Thanksgiving Holiday	25 Thanksgiving Holiday
28 Grilled Hamburgers Baked BBQ Chips Pickle Spear	29 Beef & Cheese Burrito Spanish Rice Refried Black Beans Vanilla Pudding	Pizza Day Choice of Cheese or Pepperoni Mixed Vegetable Sticks w/Ranch Peaches	Wishing you and your Families a HAPPY THANKSGIVING	

Fun Facts

Each American eats an average of 51 pounds of Chocolate per year.

Cast Iron Skillets used to be the leading source of Iron in the American diet

ECI Management Group