

# NOVEMBER BISHOP CARROLL MENU

## Breakfast Menu

**Monday:** Egg, Ham and Cheese on English Muffin  
**Tuesday:** Breakfast Pizza  
**Wednesday:** Cinnamon Roll  
**Thursday:** Breakfast Pizza  
**Friday:** Donut Ring

### Daily Options Include:

Yogurt with Toast  
 Cereal with Toast

## What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, & 1/2 Pint Milk

**Fruit Choices Include:**  
 Apple, Banana, Orange

**Juice Choice includes:**  
 Apple, Grape & Orange Juice

**MENUS SUBJECT TO CHANGE**

			1 <b>Corn Dog Nuggets w/ Whole Grain Dinner Roll</b> Seasoned Potato Wedges Baked Beans Apple Slices Low Fat Milk	2 <b>Toasted Cheese Sandwich with Tomato Soup</b> Sweet Peas Diced Pears Low Fat Milk	Week 1 Turkey & Cheese Sandwich Chicken Salad with Dinner Roll Peanut Butter and Jelly Sandwich	
	5 <b>Popcorn Chicken Bowl with Biscuit</b> Seasoned Corn Diced Pears Low Fat Milk	6 <b>Turkey and Cheese on Pretzel Bun</b> Sweet Peas Mixed Fruit Low Fat Milk Apple Crisp	7 <b>Pizza Pasta Bake &amp; Garlic Bread Stick</b> Garden Salad Apple Sauce Low Fat Milk	8 <b>Ham Panini</b> Crinkle Cut Fries Black Beans Pineapple Tidbits Low Fat Milk	9 <b>1/2 Day Parent Conferences</b>	Week 2 Italian Hoagie Chef Salad with Dinner Roll Peanut Butter and Jelly Sandwich
	12 <b>No School Veteran's Day</b>	13 <b>Meatball Hoagie with Mozzarella Cheese</b> Seasoned Green Beans Mixed Fruit Low Fat Milk	14 <b>Chicken Fajita with Green Peppers and Onions</b> Seasoned Corn Diced Pears Low Fat Milk	15 <b>Autumn Feast</b> Roasted Turkey with Gravy Homemade Stuffing Mashed Potatoes Sliced Peaches Homemade Pumpkin Pie Low Fat Milk	16 <b>Chicken Strips with Whole Grain Dinner Roll</b> Steamed Carrots Apple Sauce Low Fat Milk	Week 3 Ham and Cheese Sandwich Chicken Salad with Dinner Roll Peanut Butter and Jelly Sandwich
	19 <b>Hamburger on Bun</b> Seasoned Fries Diced Pears Low Fat Milk	20 <b>Pork Chopette w/ith Whole Grain Dinner Roll</b> Mashed Potatoes Pineapple Tidbits Low Fat Milk	21 <b>1/2 Day No Lunch</b>	22 <b>Thanksgiving Vacation</b>	23 <b>Thanksgiving Vacation</b>	Week 4 Turkey & Cheese Sandwich Chef Salad with Dinner Roll Peanut Butter and Jelly Sandwich
	26 Thanksgiving Vacation	27 <b>Hamburger on Bun</b> Green Beans Diced Peaches Low Fat Milk	28 <b>Cheese Lasagna Roll Up Home made Dinner Roll</b> Garden Salad Apple Sauce Low Fat Milk	29 <b>Pulled Pork Sliders</b> Seasoned Potato Wedges Baked Beans Diced Pears Low Fat Milk	30 <b>Turkey and Gravy over Biscuit</b> Mashed Potatoes Mixed Fruit Low Fat Milk	Week 5 Ham & Cheese Sandwich Chicken Salad with Dinner Roll Peanut Butter and Jelly Sandwich

## What Makes a Lunch Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate  
 Choice of Vegetable,  
 Choice of Fruit  
 Choice of Grain/Bread,  
 Choice of Milk

**\*Must take at least one 1/2 cup of  
fruit or  
vegetable**

**Vegetable Bar Includes daily:**  
 Broccoli Florets & Baby Carrots

**Fruits may include:**  
 Sliced Peaches Mixed Fruit  
 Pineapple Tidbits Diced Pears  
 Apple Sauce &  
 Mandarin Oranges

**Milk Choices Offered Daily**  
 1% white, non-fat white, non fat  
 flavored

**The School District does not  
discriminate on the basis of age,  
race, color, national or ethnic  
origin, sex or handicap in  
employment practices or in  
administration of any of its  
education programs and activities  
in accordance with applicable  
federal statutes and regulations.**

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