

# November 2022

## Elementary Lunch

Christ The King

### DAILY ALTERNATES:

1. Chicken Nuggets (no nuggets on Fridays)
2. Cereal Lunch

**FRUIT:** Fresh, Cupped & 100% Fruit Juice

**MILK:** Skim Chocolate, Skim Strawberry, 1% White

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch Includes:</b> <b>Protein Grain Fruit Veggie Milk</b> Choose at least 3 out of 5 components— 1 must be a fruit or veggie. You may take 2 fruits & 2 veggies!  <b>Lunch Prices</b> Student Paid: \$3.50 Milk: \$.80 Adult Lunch: \$4.25	<b>1</b> <b>Beef Nachos</b> W/Salsa & Cheese  <u>Sides:</u> Broccoli Bites Fruit of the Day	<b>2</b> <b>Grilled Cheese</b> On Texas Toast  <u>Sides:</u> Cucumbers with Ranch Orange	<b>3</b> <b>Popcorn Chicken</b> With Biscuit  <u>Sides:</u> Celery Sticks Applesauce	<b>4</b> <b>Passariello's Pizza</b> By the Slice  <u>Sides:</u> Mixed Veggie Patch Fruit of the Day
	<b>7</b> <b>Pancakes</b> With Sausage Link & Syrup  <u>Sides:</u> Baby Carrots Apple	<b>8</b> <b>Cheese Burger</b> On Bun  <u>Sides:</u> Baked Fries Fruit of the Day	<b>9</b> <b>Grilled Cheese</b> On Texas Toast  <u>Sides:</u> Cucumbers with Ranch Orange	<b>10</b> <b>Popcorn Chicken</b> With Biscuit  <u>Sides:</u> Celery Sticks Applesauce
<b>14</b> <b>Chicken Filet</b> Sandwich  <u>Sides:</u> Baby Carrots Apple	<b>15</b> <b>Beef Nachos</b> W/Salsa & Cheese  <u>Sides:</u> Broccoli Bites Fruit of the Day	<b>16</b> <b>Grilled Cheese</b> On Texas Toast  <u>Sides:</u> Cucumbers with Ranch Orange	<b>17</b> <b>Popcorn Chicken</b> With Biscuit  <u>Sides:</u> Celery Sticks Applesauce	<b>18</b> <b>Passariello's Pizza</b> By the Slice  <u>Sides:</u> Mixed Veggie Patch Fruit of the Day
<b>21</b> <b>Pancakes</b> With Sausage Link & Syrup  <u>Sides:</u> Baby Carrots Apple	<b>22</b> <b>1/2 DAY</b> <b>NO LUNCH</b> <b>SERVED</b>	<b>23</b> <b>NO SCHOOL</b>	<b>24</b> <b>HAPPY</b> <b>THANKSGIVING</b>	<b>25</b> <b>NO SCHOOL</b>
<b>28</b> <b>Chicken Filet</b> Sandwich  <u>Sides:</u> Baby Carrots Apple	<b>29</b> <b>Cheese Burger</b> On Bun  <u>Sides:</u> Baked Fries Fruit of the Day	<b>30</b> <b>Grilled Cheese</b> On Texas Toast  <u>Sides:</u> Cucumbers with Ranch Orange	<b>CAFÉ CONTACT INFO:</b> Monica Keane, FSD CTK@nsfm.com Phone: 856-429-3925 *Menu subject to change This institution is an equal opportunity provider.	

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