

# Diocese of Lake Charles

# November 2018

Mon	Tue	Wed	Thu	Fri
<p><b>Choice of Milk</b> 1% White Fat Free Chocolate Fat Free Strawberry</p> <p><b>MENUS SUBJECT TO CHANGE</b></p>	<p><b>Notification:</b> Peanuts/Peanut Butter are not used in our meals. However, some products may contain nuts, may be produced in plants that use nuts and may contain traces of nuts.</p>	<p><i>This institution is an equal opportunity provider.</i></p>	<p>1</p> <p><b>ALL SAINTS DAY</b></p> <p><b>NO SCHOOL</b></p>	<p>2</p> <p>Toasted Grilled Cheese Sandwich Baby Carrots 1/4-1/2 Broccoli 1/2 <b>w/CS</b> Seasonal Fruit 1/2 H. S. Fruit 1/2 WG Dessert Choice</p>
<p>5</p> <p>Italian Meat Sauce WG Spaghetti 1/2 Green Beans 1/2 <b>DG's Salad</b> 1/4 Pineapple 1/2 H.S. Fruit 1/2 WG Garlic Roll</p>	<p>6</p> <p>Chicken Nuggets Sweet Pot. Fries 1/2 Celery Sticks 1/4-1/2 Applesauce 1/2 H.S. Fruit 1/2 WG Yeast Roll</p>	<p>7</p> <p>Salisbury Steak, G Creamy Potatoes 1/2 Black Eye Peas 1/2 Peach Slices 1/2 H. S. Fruit 1/2 WG Yeast Roll</p>	<p>8</p> <p>Chicken Stew Brown Rice 1/2 Broccoli 1/2 Baby Carrots 1/4-1/2 Apple Wedges 1/2 H. S. Fruit 1/2 WG Yeast Roll</p>	<p>9</p> <p>Baked Potato (GB/C/SC/BB) Garden <b>DG's</b> 1/4-1/2 Tomato, Diced 1/4 Cucumber Slices 1/4 Fruit Mix 1/2 H. S. Fruit 1/2 WG Cinnamon Roll</p>
<p>12</p> <p>Fiesta Soft Taco (GB/Cheese/JP/SC) IB Lettuce 1/8 Salsa 1/4 Pinto Beans 1/2 Corn on the Cob 1/4 Peach Slices 1/2 H. S. Fruit 1/2</p>	<p>13</p> <p>Hamburger WG Hamburger Bun Tomato Slices 1/8-1/4 IB Lettuce 1/4 French Fries 1/2 Pear Slices 1/2 H. S. Fruit 1/2 WG Cookie Choice</p>	<p>14</p> <p>Chicken Alfredo WG Pasta 1/2 Yam Patty 1/2 <b>DG's Salad</b> 1/4-1/2 Orange Smiles 1/2 H. S. Fruit 1/2 WG Garlic Roll</p>	<p><b>Holiday Meal 15</b></p> <p>Pork/Turkey Roast Brown Rice 1/2 Sweet Peas 1/2 Cauliflower 1/4-1/2 Cheese Sauce Spiced Apples 1/2 H. S. Fruit 1/2 WG Yeast Roll</p>	<p><b>Feast Day (St. M.) 16</b></p> <p>Beef Finger Steaks Broccoli 1/2 (Fresh) Dip for Broccoli Glazed Carrots 1/4-1/2 Pineapple Tidbits 1/2 H. S. Fruit 1/2 WG Yeast Roll</p>
<p>19</p> <p><b>OFF</b></p> <p>←-----</p>	<p>20</p> <p>-----</p>	<p>21</p> <p>-----</p>	<p>22</p> <p><b>Thanksgiving Day</b></p> <p>-----</p>	<p>23</p> <p><b>OFF</b></p> <p>-----→</p>
<p>26</p> <p>Nachos Grande GB/Cheese/JP/SC IB Lettuce 1/4-1/2 Sweet K. Corn 1/2 Apple Wedges 1/2 H. S. Fruit 1/2 WG Cinnamon Roll</p>	<p>27</p> <p>Meat Balls &amp; Gravy Brown Rice 1/2 Broccoli 1/2 <b>w/CS</b> Yam Patty 1/4-1/2 Fruit Choice 1/2 H. S. Fruit 1/2 WG Yeast Roll</p>	<p>28</p> <p>Chicken Nuggets Mac. &amp; Cheese 1/2 Baby Carrots 1/4 Cherry Tom. 1/4 Cuc. Sticks 1/4-1/2 Dip for Vegetables Pear Slices 1/2 H. S. Fruit 1/2</p>	<p>29</p> <p>Baked Chicken, G Brown Rice 1/2 Lima Beans 1/2 Glazed Carrots 1/4-1/2 Applesauce 1/2 H. S. Fruit 1/2 WG Yeast Roll</p>	<p>30</p> <p>Hot Dog, Chili WG Hot Dog Bun Tator Tots OR French Fries 1/2 Mexican Beans 1/2 Fruit Mix 1/2 H. S. Fruit 1/2 WG Dessert Choice</p>