



# St. Ferdinand November 2018 K-8 LunchSmart Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Weekly Salad Special:</b> Crispy Chicken Salad with Breadstick* ----- Spotlight Fruit of the Week: Grapes				<b>November 1</b> Spaghetti* with Turkey Meatballs & Marinara Broccoli Florets Applesauce  <div style="background-color: black; color: white; padding: 2px; display: inline-block;">L</div>	<b>November 2</b>  <div style="text-align: center;"><b>No School Staff Development</b></div>
<b>Weekly Salad Special:</b> Chef Salad with Breadstick* ----- Spotlight Fruit of the Week: Bananas	<b>November 5</b> Chicken Tenders* with BBQ Dipping Sauce & Breadstick* Broccoli Florets Peaches	<b>November 6</b> Chicken Fajitas with Tortillas*, Flame-Roasted Pepper & Onion & Salsa Baby Carrots Mixed Fruit	<b>November 7</b> Chicken Corn Dog* Corn on the Cob Kettle-Baked Beans Pineapple	<b>November 8</b> KC BBQ Beef Sandwich* Homemade Cole Slaw Oven-Baked Potato Wedges Snickerdoodle Cookie* Applesauce  	<b>November 9</b> Lasagna Roll-Up* & Garlic Bread* Capri Blend Veggies Pears
<b>Weekly Salad Special:</b> Chicken Caesar Salad With breadstick ----- Spotlight Fruit of the Week: Fresh Pears	<b>November 12</b> Oven-"Fried" Chicken Drumstick* & Breadstick* Kettle-Baked Beans Corn Peaches	<div style="background-color: black; color: white; padding: 2px; display: inline-block;">L</div> <b>November 13</b> Meatball Sub* with Marinara & Mozzarella Green Beans Mixed Fruit	<b>November 14</b> Bosco Stick* with Marinara Dipping Sauce Broccoli Florets Pineapple	<b>November 15</b> Sliced Turkey with Mashed Potatoes, Gravy & Cranberry Sauce Green Beans Mini Cornbread Loaf* Applesauce  <i>Special Lunch</i>	<b>November 16</b> Teriyaki Chicken Brown Rice* Broccoli Florets Honey Oat Goldfish Cracker* Pears
<b>Weekly Salad Special:</b> Crispy Chicken Salad with Breadstick* ----- Spotlight Fruit of the Week: Grapes	<b>November 19</b> Popcorn Chicken Bowl with Mashed Potatoes & Corn* & Honey Wheat Dinner Roll* Peaches	<b>November 20</b> All-Beef Hot Dog on a Bun* Oven-Baked Spiral-Cut French Fries M&M Cookie* Mixed Fruit	<b>November 21</b> Orange Chicken Brown Rice* Sliced Carrots Pineapple	<b>November 22</b>  	<b>November 23</b>
<b>Weekly Salad Special:</b> Chef Salad with Breadstick* ----- Spotlight Fruit of the Week: Bananas	<b>November 26</b> Fish Fillet Sandwich* with Cheese & Tartar Sauce Parsley Redskin Potatoes Peaches	<b>November 27</b> Chicken & Penne Pasta* with Homemade Alfredo Sauce Capri Blend Veggies Mixed Fruit	<b>November 28</b> Chicken Caesar Wrap* Black Beans Pineapple	<b>November 29</b> Build-Your-Own Crunchy Beef Tacos* with Garnish Cup & Salsa Baby Carrots Applesauce	<b>November 30</b> Toasted Cheese Sandwich* with Tomato Soup & Cheddar Goldfish Crackers* California Blend Veggies Pears



**Available Each Day: Salad, Fresh Fruit, Sunbutter & Jelly Sandwich\* with Yogurt Cup, Milk (1% & Skim White Plus Fat-Free Chocolate)**

### Additional Fresh Entrées Offered Daily

- Monday** – All-American Cheeseburger on a Bun\*
- Tuesday** – Chicken Nuggets\* with Twisted Breadstick\* & BBQ Dipping Sauce
- Wednesday** – Super Nachos\* & Salsa\*
- Thursday** – Breaded Chicken Sandwich\*
- Friday** – Pizza\* (pepperoni French bread, cheese personal pan, and Big Daddy's cheesy pizza rotate each week)

*\*=Item contains whole grains / ^=Item contains pork / L=Locally sourced  
Milk served with lunch contains no artificial growth hormones or antibiotics  
Menu is subject to change based on availability and quality of food items*

### Eating the Rainbow

Scientists say you should eat a plateful of color every day. Consuming a variety of colorful fruits and vegetables helps you stay healthy. An easy way to achieve this goal is to put fruits and vegetables into five color groups: red, orange / yellow, green, blue / purple, and white / brown / tan. Each color category makes a unique contribution to maintaining health and lowering the risk of developing chronic diseases.



In November, we roll into **Kansas City** as we continue our **Culinary Explorations** journey. Even though Kansas City is not directly on Route 66, it is close enough that we can stop for a taste of the city's world famous barbecue. Did you know that UNESCO named Kansas City as a "Creative City of Music," partly because of its jazz heritage? It is the only city in the United States with that designation.

