



November Cathedral High School Lunch Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>Beefy Whole Grain Mac & Cheese, Broccoli, Fruit, 100% Fruit Juice, Fluid Milk</p> <p>Cold: Chicken Salad w/ WG Pita, Sugar Snap Peas</p>	<p>Jamaican Beef Patty, Whole Grain Brown Rice, Kidney Beans, Fruit, 100% Fruit Juice, Fluid Milk</p> <p>Cold: Turkey & Cheese Sandwich on Wheat Bun, Corn & Pepper Salad</p>	<p>Whole Grain Pepperoni Pizza, Broccoli, Fruit, Apple Chips, Fluid Milk</p> <p>Cold: Tuna Salad w/ WG Pita, 3 Bean Salad</p>
<p>Popcorn Chicken, Whole Grain Brown Rice, Sweet Potato Wedges, Fruit, Applesauce, Fluid Milk</p> <p>Cold: Uncrustable Sandwich, Carrots</p>	<p>Chicken Nachos, Whole Grain Tortilla Chips, Black Beans & Corn, Fruit, Craisins, Fluid Milk</p> <p>Cold: Turkey & Cheese Sandwich on Wheat Bun, Broccoli</p>	<p>American Chop Suey, Whole Grain Pasta, Green Beans, Fruit, 100% Fruit Juice, Fluid Milk</p> <p>Cold: Chicken Salad w/ WG Pita, Sugar Snap Peas</p>	<p>Chicken Parm Sandwich, Whole Grain Bun, Broccoli, Fruit, 100% Fruit Juice, Fluid Milk</p> <p>Cold: Turkey & Cheese Sandwich on Wheat Bun, Corn & Pepper Salad</p>	No School
<p>Whole Grain Chicken Nuggets, Whole Grain Brown Rice, Potato Wedges, Fruit, 100% Fruit Juice, Fluid Milk, Sweet & Sour Sauce</p> <p>Cold: Uncrustable Sandwich, Carrots</p>	<p>Beef Taco Bowl, Whole Grain Brown Rice, Black Beans & Corn, Fruit, Craisins, Fluid Milk</p> <p>Cold: Turkey & Cheese Sandwich on Wheat Bun, Broccoli</p>	<p>Creamy Cajun Chicken, Whole Grain Pasta, Broccoli, Fruit, Apple Chips, Fluid Milk</p> <p>Cold: Chicken Salad w/ WG Pita, Sugar Snap Peas</p>	<p>Meatball Sub (Beef & Chicken), Whole Grain Hot Dog Bun, Green Beans w/ Red Peppers, Fruit, 100% Fruit Juice, Fluid Milk</p> <p>Cold: Turkey & Cheese Sandwich on Wheat Bun, Corn & Pepper Salad</p>	<p>Whole Grain Turkey-Bacon Pizza, Carrots, Fruit, Apple Chips, Fluid Milk</p> <p>Cold: Tuna Salad w/ WG Pita, 3 Bean Salad</p>
<p>BBQ Chicken, Whole Grain Mac & Cheese, Green Beans w/ Red Peppers, Fruit, Applesauce, Fluid Milk</p> <p>Cold: Uncrustable Sandwich, Carrots</p>	<p>Roast Turkey w/ Gravy, Cornbread Stuffing, Mashed Sweet Potatoes, Fruit, Applesauce, Fluid Milk, Whole Grain Corn Bread (2)</p> <p>Cold: Turkey & Cheese Sandwich on Wheat Bun, Broccoli</p>	No School	No School	No School
<p>Honey Jerk Chicken Wings, Whole Grain Cornbread, Carrots, Fruit, Apple Chips, Fluid Milk</p> <p>Cold: Uncrustable Sandwich, Carrots</p>	<p>Beef Tacos, Whole Grain Tortilla, Black Beans & Corn, Fruit, Craisins, Fluid Milk</p> <p>Cold: Turkey & Cheese Sandwich on Wheat Bun, Broccoli</p>	<p>Chicken Alfredo, Whole Grain Pasta, Broccoli, Fruit, Applesauce, Fluid Milk</p> <p>Cold: Chicken Salad w/ WG Pita, Sugar Snap Peas</p>	<p>Cheeseburger, Whole Wheat Bun, Tater Tots, Fruit, Applesauce, Fluid Milk, Ketchup</p>	