

NOVEMBER MENU 2011

ONLINE ORDER SUBMISSION THROUGH St. Barts website : www.st-barts.org

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Juicy Cheeseburger on Whole Grain Bun Ketchup & Pickle Slices Black Bean & Corn Salad Sweet Potato Fries Banana	Beef Tacos and Salsa Whole Wheat Tortillas Romaine Lettuce Shredded Cheddar Cheese Cantaloupe Wedge Brown Rice	Cheese Omelet Tator Rounds and Ketchup Whole Grain Blueberry Bar 100% Fruit Juice	SPIRIT WEAR Turkey Hot Dog & Ketchup Whole Grain Bun Baked Beans Applesauce Whole Grain Cinnamon Bun
7	8	9	10	11
Meatballs in Brown Gravy Mashed Sweet Potato Fruit Cocktail Soft Pretzel	Chicken Taco Salad Corn Tortilla Chips Chopped Romaine Cheddar Cheese & Salsa Brown Rice Pilaf Fresh Banana	Juicy Cheeseburger on Whole Grain Bun Fresh Broccoli & Ranch Baked Beans Fresh Apple Ketchup & Pickles Slices	Turkey Breast BBQ on Whole Grain Bun Potato Salad Fresh Cantaloupe Wedge	CONFERENCES No School
14	15	16	17	18
Glazed Chicken Drumstick Brown Rice Pilaf Fresh Carrots Diced Peaches	Rotini Pasta with Italian Meat Sauce Fresh Fruit (Vit. C Source) Romaine Salad Ranch Dressing Whole Grain Breadstick	Chicken Nuggets Baked French Fries Ketchup Fresh Fruit (Vit C. Source)	All Beef Hot Dog on Whole Grain Bun Ketchup Sweet Potato Puffs Fresh Grapes Tiny Pretzel Twists	Cheese Pizza Romaine Salad Ranch Dressing Tropical Fruit Salad
21	22	23	24	25
Turkey & Gravy Creamy Mashed Potatoes Fresh Apple Whole Grain Cranberry Bar	Meatball Sub With Marinara Sauce Mozzarella Cheese Fresh Zucchini Squash Banana	No School	THANKSGIVING No School	No School
28	29	30		
Beef Penne Rustica Diced Pears Whole Grain Oatmeal Bar	Turkey Corn Dog/Ketchup Baked Potato Wedges Four Bean Salad Fresh Fruit (Vit. C Source) Whole Grain Chocolate Chip Cookie	Beef Sloppy Joes on Whole Grain Bun Sweet Potato Puffs Pineapple Tidbits Whole Grain Corn Chips		