

EC Lunch Menu – November 2017

St. John School

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		STANDARD TRAY Cheese Pizza HEALTHY OPTION Chicken Noodle Soup w/Roll CHEF'S SPECIAL Chicken Caesar Salad	STANDARD TRAY Chicken Strips w/choice of sauce HEALTHY OPTION Turkey Club Wrap CHEF'S SPECIAL Buffalo Chicken Salad	STANDARD TRAY Pepper Belly HEALTHY OPTION Tuna Salad Wrap CHEF'S SPECIAL Biscuit Pot Pie
6	7	8	9	10
STANDARD TRAY Grilled Cheese HEALTHY OPTION Spaghetti w/Tomato Sauce CHEF'S SPECIAL Turkey w/Gravy and Mashed Potatoes	STANDARD TRAY Toasted Ravioli HEALTHY OPTION Baked Chicken Leg w/ choice of sauce CHEF'S SPECIAL Loaded Baked Potato	STANDARD TRAY Cheese Pizza HEALTHY OPTION Chicken Noodle Soup w/Roll CHEF'S SPECIAL Chicken Caesar Salad	STANDARD TRAY Sloppy Joe HEALTHY OPTION Grilled Chicken Taco CHEF'S SPECIAL Buffalo Chicken Salad	STANDARD TRAY Butter Noodles HEALTHY OPTION Soft Tacos CHEF'S SPECIAL Chicken Fried Chicken w/Mashed Potatoes
13	14	15	16	17
STANDARD TRAY Breakfast/French Toast HEALTHY OPTION Tossed Salad w/Chicken CHEF'S SPECIAL Turkey w/Gravy and Mashed Potatoes	STANDARD TRAY Cheeseburger HEALTHY OPTION Chef Salad w/Egg, Turkey and Ham CHEF'S SPECIAL Loaded Baked Potato	STANDARD TRAY Cheese Pizza HEALTHY OPTION Chicken Noodle Soup w/Roll CHEF'S SPECIAL Chicken Caesar Salad	STANDARD TRAY Chicken Strips w/choice of sauce HEALTHY OPTION Turkey Club Wrap CHEF'S SPECIAL Buffalo Chicken Salad	<h3>Thanksgiving Feast</h3>
20	21	22	23	24
STANDARD TRAY Grilled Cheese HEALTHY OPTION Spaghetti w/Tomato Sauce CHEF'S SPECIAL Turkey w/Gravy and Mashed Potatoes	STANDARD TRAY Toasted Ravioli HEALTHY OPTION Baked Chicken Leg w/ choice of sauce CHEF'S SPECIAL Loaded Baked Potato	<h3>Thanksgiving Break</h3>	<h3>Thanksgiving Break</h3>	<h3>Thanksgiving Break</h3>
27	28	29	30	
STANDARD TRAY Breakfast/French Toast HEALTHY OPTION Tossed Salad w/Chicken CHEF'S SPECIAL Turkey w/Gravy and Mashed Potatoes	STANDARD TRAY Cheeseburger HEALTHY OPTION Chef Salad w/Egg, Turkey and Ham CHEF'S SPECIAL Loaded Baked Potato	STANDARD TRAY Cheese Pizza HEALTHY OPTION Chicken Noodle Soup w/Roll CHEF'S SPECIAL Chicken Caesar Salad	STANDARD TRAY Chicken Strips w/choice of sauce HEALTHY OPTION Turkey Club Wrap CHEF'S SPECIAL Buffalo Chicken Salad	