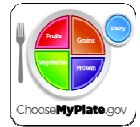




Our Lady of Mt.Carmel School Lunch Menu November Menu

A full student lunch includes a choice of entrée supplying protein and whole grain, one (1) vegetable side dish, two (2) fruit side dishes, and a choice of milk.
Milk choices include 1% white and skim chocolate

Monday	Tuesday	Wednesday	Thursday	Friday
	1 1. Beef tacos with Lettuce & Cheese Refried Beans Salsa	2 1. Toasted Triple Cheese Sandwich Tossed Green Salad Baked Potato Puffs	3 1. General Tso's Chicken with Steamed Brown Rice Broccoli Carrots	4 1. Classic Cheese Pizza Caesar Salad Baby Carrots
Alternate Meals:				
	2. Cheeseburger on a Roll	3. Classic Tuna over Mix Greens & Roll		
7 1. Brunch for Lunch French Toast Sticks Eggs Home Fried Potatoes Roasted Sweet Potato	8 Election Day	9 1. Classic Cheeseburger Oven Baked Fries Baby Carrots	10 1. Chicken Fajita with Peppers, Onions & Cheese Corn Red Bean Salad	11
Alternate Meals:				
	2. Chicken Nuggets with a Slice of Bread	3. Yogurt Fun Lunch		
14 1. Sweet & Sour Chicken Whole Grain Dinner Roll Seasoned Mixed Veggies Broccoli Bites w/dip	15 1. Chicken tacos with Lettuce & Cheese Refried Beans Salsa	16 1. Chicken Patty Sandwich Potato Puffs Carrot Raisin Salad	17 1. Pepperoni and Mozzarella Cheese Pasta Baked Carrots Coins Steamed Broccoli	18 1. Classic Cheese Pizza Caesar Salad Broccoli Bites
Alternate Meals:				
	2. Mini Pancake with Eggs	3. Ham & Cheese on a Pretzel Roll		
21 1. Brunch for Lunch French Toast Sticks Eggs Home Fried Potatoes Roasted Sweet Potato	22 1. Beef tacos with Lettuce & Cheese Refried Beans Salsa	No School		
Alternate Meals:				
	2. Hot Dog on a Bun	3. Pretzel Sun Butter & Cheese Fun Lunch		
28 1. Popcorn Chicken Mashed Potato Corn Niblets	29 1. Chicken tacos with Lettuce & cheese Refried Beans Salsa	30 1. Toasted Triple Cheese Sandwich Tossed Green Salad Baked Potato Puffs	 bw.nutrislice.com or download the app for your smartphone	
Alternate Meals:				
	2. Cheeseburger on a Roll	3. Classic Tuna over Mix Greens & Roll		
Available Daily with any Meal: Assorted Fresh Fruit Assorted Chilled Fruit		For Employment Opportunities "Part Time" go to www.compassgroupcareers.com		



If you have any **food allergies**, please let us know!

Chartwells new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school.

Questions or Comments?

Please call, Foodservice Director Kim Orr
at
401-253-1452

This institution is an equal opportunity provider and employer