



## St Rocco Lunch Menu - November



A variety of fresh, local, vegetables and salads are offered daily on the menu.

	1	2	3	4
	Beef Tacos Shredded Cheddar, Shredded Lettuce, Salsa, Sour Cream	General Tso's Chicken Brown Rice Sesame Green Beans	<b>National Sandwich Day</b> Italian-style Chicken Parm Sandwich Local Herb Roasted Potatoes	Pepperoni Pizza Tossed Salad
7	8	9	10	11
Italian-style Meatball Sub Fresh Roasted Green Beans	Orange Chicken Brown Rice Roasted Broccoli	Roasted Turkey & Gravy Mashed Local Potatoes Roasted Local Butternut Squash	Classic Cheese Pizza Caesar Salad	
14	15	16	17	18
Chicken Fajita Rice Bowl Roasted Carrot "Fries"	Mac & Cheese Roasted Broccoli Dinner Roll	Lasagna Roll Up Roasted Green Beans Dinner Roll	Chicken and Cheese Quesadilla Black Bean & Corn Salsa	Pepperoni Pizza Tossed Salad
21	22	23	24	25
Crispy Chicken Tenders Potato Wedges Dinner Roll	Classic Cheese Pizza Caesar Salad	IL/PD		No School
28	29	30		
<b>French Toast Day</b> Breakfast for Lunch French Toast Hashbrown Chicken Sausage Patty Warm Local Apple Slices	Chicken Noodle Soup Grilled Cheese Sandwich	Pasta & Meatballs Roasted Green Beans Dinner Roll		Any questions, please contact the Director of Dining Services, Erin Shoemaker at Erin.Shoemaker @compass-usa.com

### Daily Alternate Options:

- 10/31-11/4: Grilled Ham & Cheese Sandwich  
Muffin Fun Lunch
- 11/7-11/11: Chicken Nuggets  
Nacho Fun Lunch
- 11/14-11/18: Hot Dog  
Ham, Cheese, Grape Fun Lunch
- 11/21-11/23: Chicken Patty Sandwich  
Pancake Fun Lunch
- 11/28-12/2: Cheese Quesadilla  
Pretzel & Yogurt Fun Lunch

### Extra Extra

- 10/31-11/4: Local Apples, Cantaloupe, Carrot Sticks, Cucumber Slices, Roasted Kidney Beans, Local Sweet Potato Salad
- 11/7-11/11: Local Apples, Red Grapes, Grape Tomatoes, Roasted Broccoli, Roasted Garbanzo Beans, Local German Potato Salad
- 11/14-11/18: Local Apples, Orange Wedges, Cherry Tomatoes, Red Pepper Strips, Mexican-inspired Corn, Chickpea Salad with Italian Dressing, Local Apple & Kale Salad
- 11/21-11/23: Local Apples, Green Grapes, Green Pepper Strips, Baby Carrots, BBQ Northern Beans
- 11/28-12/2: Local Apples, Bananas, Corn & Black Bean Salsa, Fresh Broccoli Florets, Celery Sticks, Roasted Local Butternut Squash

All items are made with whole grains.

All meals are served with a variety of fruits and vegetables, local when available.

All meals are served with milk (1% low fat white or fat free chocolate)

Menu is subject to change.

This institution is an equal opportunity provider.