

St Thomas the Apostle School

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MEAL PRICING:

Meal Deal Price	\$4.50
Lunch Price	\$3.50
Milk Only	\$0.75

LUNCH Menu

November 2017

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	NACHO'S TOPPED WITH BEEF & ALL THE FIXIN'S	HALLOWEEN SPECIAL MUMMY FRANKS AND BATFRUIT	PIZZA STICK WITH DIPPING SAUCE CHERRY TOMATOES	MEATLOAF , MASHED POTATOES & VEGETABLE	MAC & CHEESE SERVED WITH BABY CARROTS & DIPPING SAUCE
2	HAMBURGER SERVED WITH SMILEY FRIES	YOGURT WITH GRANOLA AND FRESH FRUIT	PIZZA WITH TOPPING'S CUCUMBER SLICES WITH DIPPING SAUCE	CHICKEN QUESADILLA SERVED WITH RICE	BREAKFAST FOR LUNCH FRENCH TOAST SERVED WITH A FRUIT WEDGE
3	MEAT RAVIOLI SERVED WITH GARLIC BREAD	HAM AND CHEESE ROLL UP CELERY STIX'S	THANKS GIVING DINNER	PIZZA BITES WITH SAUCE AND SIDE SALAD	HUMMUS & VEGGIES SERVED WITH PITA CHIPS
4	HOT DOG BAKED BEANS	TURKEY & CHEESE PINWHEELS PASTA SALAD	PIZZA WITH TOPPINGS TOSSED SALAD	THANKS GIVING	NO SCHOOL

OTHER DAILY SELECTIONS:

MEAL DEALS

COME WITH WATER, JUICE OR MILK AND DESSERT

DRINKS

4oz Juice \$0.75
Water \$0.75
Milk \$0.75

PEANUT BUTTER & JELLY SANDWICH AVAILABLE DAILY \$2.00

NUTRITION BITES:

- Lunch is an important source of key food groups and nutrients including vegetables and protein with a quarter of daily energy coming from lunch¹.
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.²

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■ Week 1 Meal Plan

■ Week 2 Meal Plan

■ Week 3 Meal Plan

■ Week 4 Meal Plan