

DuBois Central Catholic School Lunch



Head Cook: Louise Vasbinder
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Daily Variety Options May Include:
Baby Carrots, Broccoli,
Cauliflower, Green Peas, Legume
Salad, Dark Green Salad, Celery,
Cucumbers, Fresh Apples, Bananas,
Oranges, Grapes, Kiwi, Cantaloupe,
Watermelon, Pears, and Applesauce



Daily Variety Options May Include:
Peanut Butter & Jelly Sandwich
Turkey & Cheese Hoagie



Nov. 16th

Baked Sweet Potatoes and Apples



Monday	Tuesday	Wednesday	Thursday	Friday
		Nov 1 Buffalo Chicken Grilled Cheese OR Corn Dog Nuggets Green Beans Fresh Oranges Fat Free Milk	Nov 2 Diced Chicken & Gravy W/Biscuit OR Crispy Chicken Mashed Potatoes Diced Peaches Fat Free Milk	Nov 3 Macaroni and Cheese w/ Dinner Roll OR Cheese Pizza Stewed Tomatoes Pears Fat Free Milk
Nov 6 Steak Salad OR Popcorn chicken w/ roll Oven Baked French Fries Fresh Apples Fat Free Milk	Nov 7 Orange Kissed Chicken Bowl OR Cheeseburger on Bun Broccoli Applesauce Fat Free Milk	Nov 8 Soft Beef Taco w/ Sea- soned Rice OR Corn Dog Nuggets Refried beans Fresh Orange Fat Free Milk	Nov 9 Rotini w/Meatsauce W/Garlic Bread Slice OR Crispy Chicken Sand- wich Steamed Carrots Peaches Fat Free Milk	Nov 10 Tuna Melt On Pretzel Bun OR Cheese Pizza Green Beans Fresh Apple Fat Free Milk
Nov 13 French Toast W/Sausage Patty OR Chicken Nuggets w. dinner roll Steamed Carrots Sliced Peaches Fat Free Milk	Nov 14 Chicken Parmesan w/ Pasta OR Cheeseburger Fresh Romaine Salad Mandarin Oranges Fat Free Milk	Nov 15 Beef Nachos with cheese OR Corn Dog Nuggets Baked Beans Banana Fat Free Milk	Nov 16 Roasted Turkey with gravy Mashed Potatoes Bread Stuffing Baked Sweet Potatoes and Apples Green Beans Fat Free Milk	Nov 17 Grilled Cheese with tomato soup OR Cheese Pizza Pears Fat Free Milk
Nov 20 Hot Ham and Cheese Hoagie Or Popcorn Chicken w/ bread slice Broccoli Peaches Fat Free Milk	Nov 21 Chili Cheese Tots W/ Dinner Roll OR Hamburger On Bun Tater Tots Fresh Apple Fat Free Milk	Nov 22 French Toast Sticks w/ sausage OR Corn dog on a stick Tater Tots Applesauce Fat Free Milk	Nov 23 NO SCHOOL Happy Thanksgiving	Nov 24 NO SCHOOL
Nov 27 NO SCHOOL	Nov 28 Italian Chicken over Pasta OR Cheeseburger on bun Fresh Romaine Salad Pears Fat Free Milk	Nov 29 BBQ Rib Sandwich OR Corn Dog Nuggets French Fries Mandarin Oranges Fat Free Milk	Nov 30 Italian Dunkers w/ sauce OR Crispy Chicken Sand- wich Seasoned Carrots Banana Fat Free Milk	



***Must take at least one 1/2 cup of fruit or vegetable**

*Vegetable may includes:

Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber

***Fruits may include:**

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce



Milk Choices Offered Daily:
1% white, non-fat white, non-fat flavored

Breakfast Prices
Paid \$1.00
Reduced \$.30

Lunch Prices:
Paid \$2.70
Reduced \$.40

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MENUS SUBJECT TO CHANGE