

# November 2020

## Saint Clair Area Elementary / Middle School

### LUNCH



**School Information:** November is the month to remind us to be thankful for the many positive things happening in our life.



**Nutrition Tip:** Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals.

Reference: Eat Right

### Monday

CHICKEN FINGER WRAP  
LETTUCE & TOMATO  
STEAMED CORN  
CHOICE OF FRUIT

2

ALT: GR.CHEESE SANDWICH

### Tuesday

TACO TUESDAY & CHIPS,  
CHEESE,LETTUCE  
BAKED BEANS  
CHOICE OF FRUIT

3

ALT: GR.CHEESE SANDWICH

### Wednesday

CHICKEN FAJITA BOWL  
BR.RICE,CHEESE  
SHREDDED LETTUCE  
STEAMED BROCCOLI  
CHOICE OF FRUIT

4

ALT: GR.CHEESE SANDWICH

### Thursday

ROTINI w/ MEAT SAUCE  
SHREDDED CHEESE  
WG ROLL, CARROTS  
CHOICE OF FRUIT

5

ALT: GR.CHEESE SANDWICH

### Friday

BAKED PIZZA BAGEL  
TOSSED SALAD w/  
TOMATOES, PEAS  
CHOICE OF FRUIT

6

ALT: GR.CHEESE SANDWICH

ACT 80  
NO SCHOOL

9

MEATBALLS IN GRAVY  
MASHED POTATOES  
GARLIC STICK,BROCCOLI  
CHOICE OF FRUIT

10

ALT: BUTTERED PIEROGIES

BREADED FISH STICKS  
SWEET POTATO FRIES  
STEAMED CARROTS  
CHOICE OF FRUIT

11

ALT: BUTTERED PIEROGIES

CHICKEN FAJITA WRAP  
SWEET PEPPER RICE  
BAKED BEANS  
CHOICE OF FRUIT

12

ALT: BUTTERED PIEROGIES

TUNA MELT ON ENGLISH  
MUFFIN,SPINACH & TOMATO  
CHEESE, PEAS  
CHOICE OF FRUIT

13

ALT: BUTTERED PIEROGIES

CHICKEN POT PIE  
WG ROLL, BROCCOLI  
CHOICE OF FRUIT

16

ALT: HAMBURGER WG ROLL

BEEF-A-RONI, BD.STICK  
SHREDDED CHEESE  
STEAMED PEAS  
CHOICE OF FRUIT

17

ALT: HAMBURGER WG ROLL

PULLED BBQ CHICKEN  
SANDWICH, FRENCH FRIES  
BAKED BEANS  
CHOICE OF FRUIT

18

ALT: HAMBURGER WG ROLL

SLICED TURKEY BREAST  
WHIPPED POTATOES  
WG ROLL, CARROTS  
CHOICE OF FRUIT

19

ALT: HAMBURGER WG ROLL

CHEESY BREADSTICKS,  
SAUCE, ROMAINE TOMATO  
SALAD,PEAS  
CHOICE OF FRUIT

20

ALT: HAMBURGER WG ROLL

SEASONED CHCIEKN  
MASHED POTATOES  
WG ROLL,CORN  
CHOICE OF FRUIT

23

ALT:PIZZA SLICE

TACO TUESDAY & CHIPS  
CHEESE,SHRED.LETTUCE  
SALSA, BROCCOLI  
CHOICE OF FRUIT

24

ALT: PIZZA SLICE

HOTDOGS WG ROLL  
FRENCH FRIES  
BAKED BEANS  
CHOICE OF FRUIT

25

ALT: PIZZA SLICE

HAPPY THANKSGIVING

26

THANKSGIVING RECESS  
NO SCHOOL

27

THANKSGIVING RECESS  
NO SCHOOL

30

