

November

St. Gabriel the Archangel Catholic School

FOOD IN FOCUS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Did you know?

The first known stuffing recipe is found in a cookbook written sometime between 200 BC and 100 AD by a chef named Apicius.



Mostaccioli with Meat Sauce
Tossed Salad
Fresh Apple Slices
Breadstick

3

Dinosaur Nuggets
Smiley Fries
Peach Slices
Jiggling Jell-O

4

French Toast Sticks
Golden Hash Brown
Crispy Bacon
Clementine

5

PAPA JOHNS PIZZA
Fresh Veggies with Dip
Apple Slices
Oven Baked Cookie



6

Popcorn Chicken
Yogurt with Blueberries
French Fries
Fresh Veggies with Dip

7

Toasted Beef Ravioli
Broccoli with Dip
Breadstick
Mini Rice Krispies Treat

10

Emoji Waffle
Golden Hash Brown
Sweet Strawberries
Mini Blueberry Muffin

11

Meatball Sub Sandwich
Broccoli
Mandarin Oranges
Chilled Pudding

12

Cheese Stuffed Bosco Stick
Fresh Veggies with Dip
Orange Wedges
Yogurt

13



Breaded Popcorn Shrimp
Crispy French Fries
Vegetable Medley
Creamy Sherbet

17

Crispy Chicken Strips
Golden French Fries
Garden Salad
Ice Cream Cup

18

Chicken Alfredo Pasta
Garlic Breadstick
Garden Salad
Diced Peaches

19

PAPA JOHNS PIZZA
Fresh Veggies with Dip
Apple Slices
Oven Baked Cookie



20

Fluffy Pancake
Pork Sausage Patty
Fresh Blueberries
Creamy Yogurt with Granola

21

Orange Chicken
Steamed White Rice
Seasoned Broccoli
Vanilla Wafers

24

Chicken Rings
Golden Corn
Apple Slices
Sparkling Jell-O

25



DAILY PLATE LUNCH
Grade K-3rd \$5.15
Grade 4-8 \$5.50
Extra Entrée \$2.15
Pizza Day Extra Slice \$3.25
Milk, Juice, Water \$.50

DAILY COMBO SPECIAL \$5.10
MONDAY-Golden Grilled Cheese
Mac & Cheese
TUESDAY-Chicken Tacos & Mexican rice
WEDNESDAY-Turkey Club w/ Chips
THURSDAY-Cheeseburger & Waffle Fries
FRIDAY- BBQ Rib Sandwich & Chips

DAILY SALADS:
MONDAY- Chicken Caesar
TUESDAY- Chef
WEDNESDAY- Cranberry chicken salad
THURSDAY- Cobb Salad
FRIDAY- Buffalo chicken salad

DAILY ALA CARTE:
Milk, Small Juice \$.50
Capri Sun 100% Juice \$1.95
Chip Variety \$1.95
Fresh Fruit Cup \$2.50
Trix Yogurt \$1.85
Fresh Veggies & Dip \$1.85
Yogurt and Pudding Parfaits \$2.50
Treat \$2.10

MENU IS SUBJECT TO CHANGE

Contact our dietitian at lisa@foodserv.org for special dietary and allergy concerns.

For more information about FSC or employment opportunities, please go to www.foodserviceconsultants.org