



# NOVEMBER | 2018

## St. Rose of Lima School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>Happy Halloween!</b> Stuffed Crust Pizza w/ Marinara Dipping Sauce Green Salad w/ Dressing Fruit and Milk Frozen Halloween Treat Entrée option: Buffalo Chicken Wrap	<b>1</b> <b>Try It Thursday</b> Chicken Patty Sandwich Seasoned Corn Relishes/Dip Fruit Milk Entrée Option: Asian Chicken Salad	<b>2</b> <b>Meat Free Friday</b> Penne Pasta w/ Marinara or Alfredo Sauce Bosco Breadstick Romaine Salad/Salad Bar Fruit and Milk Entrée Option: PBJ Uncrustable
<b>5</b> <b>Hoosier Favorites Monday</b> Popcorn Chicken/Roll Tator Tots Green Beans Fruit Milk Entrée Option: Turkey Club Wrap w/ WG Chips	<b>6</b> <b>Taco Tuesday</b> Chicken Burrito Toppings Bar/Salsa Mexican Rice Refried Beans South of the Border Fruit Milk Entrée Option: Chef Salad	<b>7</b> <b>Around the World Wednesday</b> Penne Pasta w/ Italian Sausage Garlic Toast Romaine Salad/Salad Bar Fruit and Milk Entrée Option: Ham and Cheese Sub	<b>8</b> <b>Try-it Thursday</b> Meatball Sub Sandwich Seasoned Corn Relishes/Dip Fruit Milk Entrée Option: Southwest Chicken Salad	<b>9</b> <b>Meat Free Friday</b> Grilled Cheese Sandwich & Tomato Soup w/ Goldfish Relishes/Dip Fruit Milk Entrée Option: PBJ Uncrustable
<b>12</b> <b>Hoosier Favorites Monday</b> Baked Potato w/ Toppings Roll Fruit/Yogurt Bar Steamed Broccoli Milk Entrée Option: Turkey Sub w/ Relishes & Fruit	<b>13</b> <b>Taco Tuesday</b> Mexican Lasagna Cornbread Black Beans South of the Border Fruit Milk Entrée Option: Taco Salad/Tortilla Chips	<b>14</b> <b>Around the World Wednesday</b> Chicken Bruschetta w/ Penne Pasta Garlic Toast Romaine Salad/Salad Bar Fruit & Milk Entrée Option: Buffalo Chicken Wrap	<b>15</b> <b>Try-it Thursday</b> Hamburger on Bun Toppings Bar Potato Fries Relishes/Dip Fruit Milk Entrée Option: Asian Chicken Salad	<b>16</b> <b>Meat Free Friday</b> Fish Sandwich or Fish Nuggets w/ Roll Mac and Cheese Calico Coleslaw Fruit & Milk Entrée Option: PBJ Uncrustable
<b>19</b> <b>Thanksgiving Feast</b> Sliced Turkey w/ Gravy Mashed Potatoes, Stuffing Sweet Potatoes, Green Beans Apple Crisp Milk No Entrée Option Today	<b>20</b> <b>Tuesday Fun Day</b> Hotdog on Bun Baked Beans Relishes/Dip Sidekicks Frozen Fruit Juice Milk No Entrée Option Today	<b>21</b> No School	<b>22</b> Thanksgiving Day 	<b>23</b> No School
<b>26</b> <b>Hoosier Favorites Monday</b> Spaghetti w/ Meat Sauce Garlic Toast Steamed Veg Medley Sausage Link Romaine Salad/Salad Bar Fruit Milk Entrée Option: Turkey Club Wrap & WG Chips	<b>27</b> <b>Breakfast for Lunch</b> French Toast Sticks Scrambled Eggs Sausage Link Hash Brow Patty Tomato Slices 100% Fruit Juice Milk No Entrée Option Today	<b>28</b> <b>Around the World Wednesday</b> Asian Teriyaki Chicken w/ Rice/ and Naan Bread Stir Fry Veggies Mandarin Fruit Salad Milk Entrée Option: Ham and Cheese Sub	<b>29</b> <b>Try-It Thursday</b> Ham and Cheese/Pretzel Roll Seasoned Corn Calico Coleslaw Apple slices/Caramel Dip Milk Entrée Option: Southwest Chicken Salad	<b>30</b> <b>Fun Friday</b> Boneless Wings Carrots/Celery w/ Dip Baked Beans Fruit Milk Entrée Option: PBJ Uncrustable

**Food for Thought**  
**Fall Colors Not Just For Leaves**  
 Color abounds in fall fruits and vegetables too. Sweet potatoes, acorn and butternut squash, carrots, beets, cranberries, red and green apples, persimmons, and plums pack plenty of health-preserving nutrients in addition to eye appeal. This harvest season, try roasting a combination of these nutritious and delicious vegetables and savor the flavor! It's easy as, well, pumpkin pie!

### 5 simple steps to roasting vegetables:

1. Preheat oven to 400-425.
2. Prep vegetables, cutting them into uniform sized pieces for even cooking.
3. Toss in olive oil, season with a little salt and pepper and/or other herbs such as thyme, rosemary, and garlic
4. Roast until tender.
5. Enjoy!

A great website for more ideas and recipes!  
<https://www.theproducemoms.com/course/side-dishes/>



**Salad Bar is offered on Monday, Wednesday and Friday for Grades 5-8.**