# St. Patrick School

## School Year 2017-2018

## List of Ingredients for Lunch for the Month of November

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | 1<br>**PORK SLIDER ON A BUN**<br>Sliced Pork Loin / Hamburger Bun<br>Tomato Sauce<br>Sugar/Molasses<br>White Vinegar<br>Hickory Smoked flavor<br>Worcestershire Sauce<br>Sea Salt<br>Garlic Powder/Cayenne Pepper<br>Ground Red Peppers/Black Pepper<br>Caramel Color<br>Xanthan Gum | 2<br>**HAM SANDWICH**<br>Wheat Bread<br>Slice of Ham<br>Lettuce<br>Tomato<br>Onions<br>Onions<br><br>Optional:<br>Mayonnaise<br>Mustard<br>Ketchup | 3<br><br><br>IN SERVICE DAY<br><br>NO SCHOOL |
| 6<br>**FISH STICKS**<br>Alaskan Pollock<br>Tilapia<br>Whiting<br>Haddock<br>Cod<br>Anchovy<br>Sardine<br>Milk<br><br>Optional:<br>Tartar Sauce | 7<br>**TURKEY TACO**<br>Turkey Taco Meat<br>Taco Mix<br>Shredded Lettuce<br>Chopped Onions<br>Taco Shell<br><br>Optional:<br>Salsa<br>Shredded Cheese<br>Sour Cream | 8<br>**BEEF W GRAVY**<br>Ground Beef<br>Chopped Onions<br>Campbell's Brown Gravy | 9<br>**CHEESE QUESADILLA**<br>Shredded Cheese<br>Whole Wheat Tortilla<br><br><br><br>Optional:<br>Salsa<br>Sour Cream | 10<br><br><br>VETERAN'S DAY<br><br>NO SCHOOL |
| 13<br>**CHEESEBURGER**<br>Hamburger Patty<br>Cheese Slice<br>Wheat Round Bread<br><br>Optional:<br>Ketchup<br>Mustard<br>Mayonnaise | 14<br>**CHICKEN FAJITA**<br>Chicken Fajita Meat<br>Sliced Onions<br>Sliced Bell Pepper<br>Whole Wheat Tortilla<br><br><br>Optional:<br>Salsa | 15<br>**GRILLED CHEESE SANDWICH**<br>Sliced Cheddar Cheese<br>Butter<br>Wheat Bread | 16<br>**HAM SANDWICH**<br>Wheat Bread<br>Slice of Ham<br>Lettuce<br>Tomato<br>Onions<br>Onions<br><br>Optional:<br>Mayonnaise<br>Mustard<br>Ketchup | 17<br>**CHICKEN PATTY SANDWICH**<br>Breaded Chicken Patty<br>Whole Wheat Bread<br><br>Optional:<br>Lettuce<br>Tomato<br>Mayonnaise<br>Ketchup<br>Mustard |
| 20<br>**CHICKEN NUGGETS**<br>Chicken white meat<br>Wheat Flour<br>Chicken Broth<br>Yellow corn flour<br>Brown Sugar<br>Salt<br>Yeast<br><br>Optional:<br>Ranch Sauce<br>Ketchup | 21<br>**TURKEY W GRAVY**<br>Turkey Meat<br>Chopped Onions<br>Campbell's Turkey Gravy | 22<br><br><br>THANKSGIVING HOLIDAY<br><br>NO SCHOOL | 23<br><br><br>THANKSGIVING HOLIDAY<br><br>NO SCHOOL | 24<br><br> <br><br>NO SCHOOL |
| 27<br>**MACARONI & CHEESE**<br>Wheat Macaroni<br>Velveeta Cheese<br>Milk<br>Butter | 28<br>**SPAGHETTI W GROUND BEEF**<br>Wheat Spaghetti Noodles<br>Ground Beef<br>Spaghetti Sauce<br>Shredded Cheddar Cheese<br>Basil<br>Oregano<br>Marjoram<br>Thyme<br>Garlic<br>Ground Black Pepper | 29<br>**PORK W SWEET SOUR SAUCE**<br>Sliced Pork Loin<br>Tomato Puree<br>Sugar<br>White Vinegar<br>Molasses<br>Salt/Sea Salt<br>Cornstarch<br>Worcestershire Sauce<br>Garlic Powder/Garlic/Onions<br>Cayenne Pepper/Ground Red Peppers<br>Caramel Color/Hickory Smoke Flavor | 30<br>**CHICKEN TERIYAKI**<br>Chicken Thigh<br>Tamari Sauce<br>Agave Nectar<br>Soybeans<br>Garlic<br>Onions<br>Vinegar<br>Sesame Seed/Sesame Oil<br>Ginger<br>Salt | |