



Most Holy Redeemer
CATHOLIC SCHOOL

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Ham & Cheese Sandwich French Fries Green Beans Baby Carrots Pears	2 Taco Day Spanish Rice Corn Cucumbers Fruit Cocktail	3 Shrimp Poppers Veggie Rice Cauliflower Mandarin Oranges Bun
6 Remote Learning No School	7 Hot Dog Chips Baked Beans Baby Carrots Peaches	8 Hamburger French Fries Sweet Potato Fries Peas Grapes	9 Baked Ham Scalloped Potato Corn Apple Slices Bun	10 Veterans Day French Toast Sausage Patty Yogurt Carrots Strawberries
13 BBQ Meatballs Mashed Potato Green Beans Apple Sauce Bun	14 Spaghetti & Meat sauce Breaded Mozzarella Cucumber Slices Fruit Cocktail	15 Spirit Day Chicken Nuggets Mac & Cheese Peas Lettuce Salad Pineapple	16 Roast Turkey Potato Dumpling Dressing Green Beans Apple Slices Pumpkin Bar	17 Tomato Soup or Chili Grilled Cheese Celery Sticks Orange Slices
20 Chicken Alfredo Broccoli Romaine Salad Garlic Toast Peaches	21 Salisbury Steak Mashed Potatoes Corn Lettuce Salad Pears Bun	22 Sloppy Joe Tater Tots Baby Carrots & Celery Applesauce	23 THANKSGIVING	24 BREAK
27 Hot Beef Sandwich Mashed Potatoes /Gravy Carrots Apple Slices	28 Chicken Sandwich Buttered Noodles Peas Orange Slices	29 Tater Tot Hotdish Corn Cucumbers Peaches Bun	30 Pepperoni or Cheese Pizza Peas & Carrots Lettuce Salad Pineapple	

All meals include 1 cup of 1% milk; chocolate or regular
Menus comply with the new USDA nutritional guidelines:
100% juice, no more than one serving per day
MHRS is an equal opportunity provider