

# November 2022

Saint Joseph Regional School

## DAILY ALTERNATES:

1. Grilled Chicken Caesar Salad
2. Bagel and Cream Cheese
3. Cereal and Yogurt
4. Peanut butter and Jelly



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Lunch Includes:</b>  <b>Protein Grain Fruit Veggie Milk</b>                      Choose at least 3 out of 5 components— 1 must be a fruit or veggie. You may take 2 fruits &amp; 2 veggies!</p> <p><b>Lunch Prices</b>                      Student: \$4.50</p>	<p><b>1</b></p> <p><b>Chicken Tenders Curly Fries</b></p> <p>Hot &amp; Cold Vegetable Fruit of the Day</p>	<p><b>2</b></p> <p><b>Hot Dog Mac and Cheese</b></p> <p>Hot &amp; Cold Vegetable Fruit of the Day</p>	<p><b>3</b></p> <p><b>Cheesesteak Sweet Potato Fries</b></p> <p>Hot &amp; Cold Vegetable Fruit of the Day</p>	<p><b>4</b></p> <p><b>Half Day</b></p>
<p><b>7</b></p> <p><b>Primo Pizza</b></p> <p>Hot &amp; Cold Vegetable Fruit of the Day</p>	<p><b>8</b></p> <p><b>Butter Noodles Meatballs</b></p> <p>Hot &amp; Cold Vegetable Fruit of the Day</p>	<p><b>9</b></p> <p><b>Egg and Cheese Breakfast Sandwich Side of Bacon</b></p> <p>Hot &amp; Cold Vegetable Fruit of the Day</p>	<p><b>10</b></p> <p><b>Beef Taco Salsa, Sour Cream and Guacamole</b></p> <p>Hot &amp; Cold Vegetable Fruit of the Day</p>	<p><b>11</b></p> <p><b>Chicken Tenders Mashed Potatoes</b></p> <p>Hot &amp; Cold Vegetable Fruit of the Day</p>
<p><b>14</b></p> <p><b>Chelsea Pizza</b></p> <p>Hot &amp; Cold Vegetable Fruit of the Day</p>	<p><b>15</b></p> <p><b>Pancakes and Sausage</b></p> <p>Hot &amp; Cold Vegetable Fruit of the Day</p>	<p><b>16</b></p> <p><b>Half Day</b></p>	<p><b>17</b></p> <p><b>Half Day</b></p>	<p><b>18</b></p> <p><b>Half Day</b></p>
<p><b>21</b></p> <p><b>Michelli's Pizza</b></p> <p>Hot &amp; Cold Vegetable Fruit of the Day</p>	<p><b>22</b></p> <p><b>Chicken Tenders French Fries</b></p> <p>Hot &amp; Cold Vegetable Fruit of the Day</p>	<p><b>23</b></p> <p><b>Half Day</b></p>	<p><b>24</b></p> <p><b>No School</b></p>	<p><b>25</b></p> <p><b>No School</b></p>
<p><b>28</b></p> <p><b>Primo Pizza</b></p> <p>Hot &amp; Cold Vegetable Fruit of the Day</p>	<p><b>29</b></p> <p><b>Hamburger or Cheeseburger Tater Tots</b></p> <p>Hot &amp; Cold Vegetable Fruit of the Day</p>	<p><b>30</b></p> <p><b>Butter Noodles Meatballs</b></p> <p>Hot &amp; Cold Vegetable Fruit of the Day</p>	<p><b>CAFÉ CONTACT INFO:</b>                      Maris Hilferty, Kitchen Manager                      SJR@nsfm.com                      Phone: 609-927-2228 ext 15                      *Menu subject to change                      This institution is an equal opportunity provider.</p>	

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