



# St. Paul's Episcopal School

\*Little Saints

Entrée and Sandwich Choices

November 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 10/29-11/2	10/29 <ul style="list-style-type: none"> <li>☞ Red Beans w/ Sausage &amp; Brown Rice*</li> <li>☞ Okra &amp; Tomatoes Corn Bread</li> <li>☞ Grilled Chicken Sand Fresh Salad Bar</li> </ul>	10/30 <ul style="list-style-type: none"> <li>☞ Chicken Tenders Grilled Tenders*</li> <li>☞ WW Mac &amp; Cheese</li> <li>☞ California Veg Medley</li> <li>☞ Turkey &amp; Swiss Wrap Fresh Salad Bar</li> </ul>	10/31 <ul style="list-style-type: none"> <li>☞ Shredded Chicken Tacos*</li> <li>☞ Black Beans</li> <li>☞ Spanish Brown Rice Ham &amp; Cheese Sandwich Fresh Salad Bar</li> </ul>	11/1  <p style="text-align: center;"><b>NO SCHOOL</b> <b>ALL SAINT'S DAY</b> <b>Faculty In-Service Day</b></p>	2 <ul style="list-style-type: none"> <li>☞ Personal Pizza*</li> <li>☞ Sweet Potato Fries</li> <li>Hot Dog Fresh Salad Bar</li> </ul>	
WEEK 2 November 5 – 9	5 <ul style="list-style-type: none"> <li>☞ White Beans &amp; Brown Rice*</li> <li>Creamed Spinach Corn Bread</li> <li>☞ Chicken Salad Sandwich Fresh Salad Bar</li> </ul>	6 <ul style="list-style-type: none"> <li>☞ Chicken Parm Sandwich</li> <li>☞ Italian Veg Medley</li> <li>☞ Sweet Potato Fries</li> <li>Ham &amp; Cheese Wrap* Fresh Salad Bar</li> </ul>	7 <ul style="list-style-type: none"> <li>Tomato Basil Soup Grilled Cheese Sandwich</li> <li>☞ Sugar Snap Peas</li> <li>☞ Italian Meatball Sand* Fresh Salad Bar</li> </ul>	8 <ul style="list-style-type: none"> <li>Chicken Patty on Bun* Fries</li> <li>☞ Baby Carrots</li> <li>☞ Turkey &amp; Swiss Wrap Fresh Salad Bar</li> </ul>	9 <ul style="list-style-type: none"> <li>Pizza Assortment*</li> <li>☞ California Veg Medley</li> <li>Hot Dog Fresh Salad Bar</li> </ul>	
WEEK 3 November 12 – 16	12 <ul style="list-style-type: none"> <li>☞ Red Beans w/ Sausage &amp; Brown Rice*</li> <li>☞ Okra &amp; Tomatoes Corn Bread</li> <li>☞ Grilled Chicken Sand Fresh Salad Bar</li> </ul>	13 <ul style="list-style-type: none"> <li>☞ Chicken Tenders*</li> <li>☞ Grilled Tenders</li> <li>☞ WW Mac &amp; Cheese</li> <li>☞ Green Beans Fresh Roll Fresh Salad Bar</li> </ul>	14 <b>BRUNCH FOR LUNCH*</b> <ul style="list-style-type: none"> <li>☞ Scrambled Eggs Bacon</li> <li>☞ WW Waffle</li> <li>☞ Fresh Fruit Ham &amp; Cheese Wrap Fresh Salad Bar</li> </ul>	15 <ul style="list-style-type: none"> <li>Chicken Noodle Soup Mashed Potatoes</li> <li>☞ Baby Carrots Garlic Bread</li> <li>☞ Turkey &amp; Swiss Wrap* Fresh Salad Bar</li> </ul>	16 <ul style="list-style-type: none"> <li>☞ Personal Pizza*</li> <li>☞ Green Beans</li> <li>Hot Dog Fresh Salad Bar</li> </ul>	
Week 4 November 19 – 23	19 <ul style="list-style-type: none"> <li>Brown Bag Lunch</li> <li><b>No Lunch Service</b></li> </ul>	20 <ul style="list-style-type: none"> <li>NOON Dismissal</li> <li><b>No Lunch Service</b></li> </ul>	21 <p style="text-align: center;"><b>Thanksgiving Holiday</b></p>	22 <p style="text-align: center;"><b>Thanksgiving Holiday</b></p>	23 <p style="text-align: center;"><b>Thanksgiving Holiday</b></p>	



Eat Fit NOLA options meet the nutritional criteria designed by Ochsner Health System. Download the Free Eat Fit App and look for St Paul's in Eat Fit Schools Section for full nutrition facts.