



Saint Ambrose of Woodbury Lunch Menu

November
2022

"Fresh Vegetable Choices and Seasonal Fruit are offered Daily on the Fruit & Vegetable Bar"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Pepperoni & Cheese Calzone</p> <p>Yogurt Pak with Bagel</p> <p>Salad/Wrap/Yogurt Parfait Baked Beans Broccoli Florets</p> <p>Canned Fruit Bar 1% Milk</p>	<p>2</p> <p>Quesadilla Choice</p> <p>Walking Taco</p> <p>Salad/Wrap/Yogurt Parfait Roasted Corn Red/Orange Bell Pepper Salsa</p> <p>Canned Fruit Bar</p>	<p>3</p> <p>Meatball Sub Choice</p> <p>Cheese Bosco Stick Marinara Sauce</p> <p>Salad/Wrap/Yogurt Parfait Sweet Potato Fries Cucumber Slices</p> <p>Canned Fruit Bar</p>	<p>4</p> <p>Cheese Pizza</p> <p>Chicken Bacon Alfredo Flatbread</p> <p>Salad/Wrap/Yogurt Parfait Kale Salad Cauliflower Floret</p> <p>Fresh Fruit Bar</p>
<p>7</p> <p>French Toast Sausage Patty</p> <p>Breakfast Burrito Strawberry Topping</p> <p>Salad/Wrap/Yogurt Parfait Breakfast Potatoes Baby Carrots</p> <p>Fresh Fruit Bar 1% MILK</p>	<p>8</p> <p>No School</p>	<p>9</p> <p>Corn Dog</p> <p>Turkey Deli Sub Sandwich</p> <p>Salad/Wrap/Yogurt Parfait Baked Beans Broccoli Salad</p> <p>Fresh Fruit Bar 1% Milk</p>	<p>10</p> <p>Jambalaya Rip Stick Breadstick</p> <p>Chicken Waffle Sandwich</p> <p>Salad/Wrap/Yogurt Parfait Roasted Cauliflower Caesar Side Salad Canned Fruit Bar 1% Milk Cinnamon Bread</p>	<p>11</p> <p>Cheese & Pepperoni Pizza</p> <p>Yogurt Pak with Bagel</p> <p>Salad/Wrap/Yogurt Parfait Steamed Green Beans Baby Carrots</p> <p>Fresh Fruit Bar 1% Milk</p>
<p>14</p> <p>Hamburger on a Bun</p> <p>Turkey BLT Wrap</p> <p>Salad/Wrap/Yogurt Parfait Golden French Fries Romaine Lettuce</p> <p>Canned Fruit Bar 1% MILK</p>	<p>15</p> <p>Nacho Choice</p> <p>Fish Sandwich with Cheese</p> <p>Salad/Wrap/Yogurt Parfait Refried Beans Salsa LCR Lettuce</p> <p>Canned Fruit Bar 1% MILK</p>	<p>16</p> <p>BBQ Pulled Pork Sandwich</p> <p>Macaroni & Cheese</p> <p>Salad/Wrap/Yogurt Parfait Steamed Green Beans Coleslaw</p> <p>Canned Fruit Bar 1% Milk Chocolate Chip Cookie</p>	<p>17</p> <p>Crispy Chicken Tenders Whole Grain Dinner Roll</p> <p>Turkey & Cheese Flatbread Munchable</p> <p>Salad/Wrap/Yogurt Parfait Steamed Corn Baby Carrots Fresh Fruit Bar 1% MILK</p>	<p>18</p> <p>Pepperoni Pizza Finish it with fresh basil</p> <p>Pretzel Bites w/Cheese Cubes</p> <p>Salad/Wrap/Yogurt Parfait Roasted Broccoli Cherry Tomato Canned Fruit Bar 1% Milk</p>
<p>21</p> <p>Roast Turkey & Gravy Mashed Potatoes Build Your Own Hot Dog</p> <p>Salad/Wrap/Yogurt Parfait Cucumber Ranch Salad Celery Sticks Canned Fruit Bar 1% Milk</p>	<p>22 HOM: Prickly Pear</p> <p>Quesadilla Choice</p> <p>Chicken Taco Salad</p> <p>Salad/Wrap/Yogurt Parfait Spiced Pinto Beans Romaine Lettuce Salsa</p> <p>Fresh Fruit Bar 1% Milk</p>	<p>23</p> <p>No School</p>	<p>24 Feast of Thanks Meal</p> <p>Happy Thanksgiving</p>	<p>25</p> <p>Native American Heritage Day No School</p>
<p>28</p> <p>Crispy Chicken Sandwich</p> <p>Ham Deli Sub Sandwich</p> <p>Salad/Wrap/Yogurt Parfait Baked Beans Red/Orange Bell Pepper Fresh Fruit Bar 1% Milk</p>	<p>29</p> <p>Pasta with Meat Sauce</p> <p>Chicken Alfredo w/Pasta</p> <p>Rip Stick Breadstick Salad/Wrap/Yogurt Parfait Roasted Cauliflower Caesar Side Salad</p> <p>Canned Fruit Bar 1% MILK</p>	<p>30</p> <p>Grilled Cheese Sandwich Homemade Tomato Soup</p> <p>Chicken Crispito</p> <p>Salad/Wrap/Yogurt Parfait Steamed Peas Cucumber Slices Fresh Fruit Bar 1% MILK</p>	<p>This is for Food 4 Thought</p>	

PRICES

EXTRA INFO

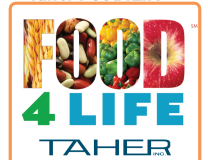
Milk Choice of 1% White, Skim, Chocolate or Strawberry is included with Lunch.
For Questions or Comments contact the Food Service at foodservice@saintambroseschool.org or call 651.768.3028

HARVEST OF



THE MONTH

Your MENUS plus more information on our app
Taher Food4Life®



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