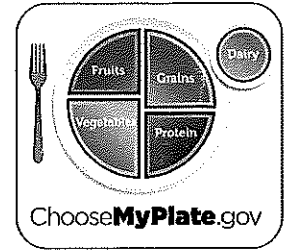


Diocese of Lake Charles

November 2018

Mon	Tue	Wed	Thu	Fri
<p>Choice of Milk 1% White Fat Free Chocolate Fat Free Strawberry</p> <p>MENUS SUBJECT TO CHANGE</p>	<p>Notification: Peanuts/Peanut Butter are not used in our meals. However, some products may contain nuts, may be produced in plants that use nuts and may contain traces of nuts.</p>	<p><i>This institution is an equal opportunity provider.</i></p>	<p>1</p> <p>ALL SAINTS DAY</p> <p>NO SCHOOL</p>	<p>2</p> <p>Toasted Grilled Cheese Sandwich Baby Carrots 1/4-1/2 Broccoli 1/2 w/CS Seasonal Fruit 1/2 H. S. Fruit 1/2 WG Dessert Choice</p>
<p>5</p> <p>Italian Meat Sauce WG Spaghetti 1/2 Green Beans 1/2 DG's Salad 1/4 Pineapple 1/2 H.S. Fruit 1/2 WG Garlic Roll</p>	<p>6</p> <p>Chicken Nuggets Sweet Pot. Fries 1/2 Celery Sticks 1/4-1/2 Applesauce 1/2 H.S. Fruit 1/2 WG Yeast Roll</p>	<p>7</p> <p>Salisbury Steak, G Creamy Potatoes 1/2 Black Eye Peas 1/2 Peach Slices 1/2 H. S. Fruit 1/2 WG Yeast Roll</p>	<p>8</p> <p>Chicken Stew Brown Rice 1/2 Broccoli 1/2 Baby Carrots 1/4-1/2 Apple Wedges 1/2 H. S. Fruit 1/2 WG Yeast Roll</p>	<p>9</p> <p>Baked Potato (GB/C/SC/BB) Garden DG's 1/4-1/2 Tomato, Diced 1/4 Cucumber Slices 1/4 Fruit Mix 1/2 H. S. Fruit 1/2 WG Cinnamon Roll</p>
<p>12</p> <p>Fiesta Soft Taco (GB/Cheese/JP/SC) IB Lettuce 1/8 Salsa 1/4 Pinto Beans 1/2 Corn on the Cob 1/4 Peach Slices 1/2 H. S. Fruit 1/2</p>	<p>13</p> <p>Hamburger WG Hamburger Bun Tomato Slices 1/8-1/4 IB Lettuce 1/4 French Fries 1/2 Pear Slices 1/2 H. S. Fruit 1/2 WG Cookie Choice</p>	<p>14</p> <p>Chicken Alfredo WG Pasta 1/2 Yam Patty 1/2 DG's Salad 1/4-1/2 Orange Smiles 1/2 H. S. Fruit 1/2 WG Garlic Roll</p>	<p>Holiday Meal 15</p> <p>Pork/Turkey Roast Brown Rice 1/2 Sweet Peas 1/2 Cauliflower 1/4-1/2 Cheese Sauce Spiced Apples 1/2 H. S. Fruit 1/2 WG Yeast Roll</p>	<p>Feast Day (St. M.) 16</p> <p>Beef Finger Steaks Broccoli 1/2 (Fresh) Dip for Broccoli Glazed Carrots 1/4-1/2 Pineapple Tidbits 1/2 H. S. Fruit 1/2 WG Yeast Roll</p>
<p>19</p> <p>OFF</p> <p>←-----</p>	<p>20</p> <p>-----</p>	<p>21</p> <p>-----</p>	<p>22</p> <p>Thanksgiving Day</p> <p>-----</p>	<p>23</p> <p>OFF</p> <p>-----→</p>
<p>26</p> <p>Nachos Grande GB/Cheese/JP/SC IB Lettuce 1/4-1/2 Sweet K. Corn 1/2 Apple Wedges 1/2 H. S. Fruit 1/2 WG Cinnamon Roll</p>	<p>27</p> <p>Meat Balls & Gravy Brown Rice 1/2 Broccoli 1/2 w/CS Yam Patty 1/4-1/2 Fruit Choice 1/2 H. S. Fruit 1/2 WG Yeast Roll</p>	<p>28</p> <p>Chicken Nuggets Mac. & Cheese 1/2 Baby Carrots 1/4 Cherry Tom. 1/4 Cuc. Sticks 1/4-1/2 Dip for Vegetables Pear Slices 1/2 H. S. Fruit 1/2</p>	<p>29</p> <p>Baked Chicken, G Brown Rice 1/2 Lima Beans 1/2 Glazed Carrots 1/4-1/2 Applesauce 1/2 H. S. Fruit 1/2 WG Yeast Roll</p>	<p>30</p> <p>Hot Dog, Chili WG Hot Dog Bun Tator Tots OR French Fries 1/2 Mexican Beans 1/2 Fruit Mix 1/2 H. S. Fruit 1/2 WG Dessert Choice</p>

liven up your meals with vegetables and fruits



10 tips to improve your meals with vegetables and fruits

Discover the many benefits of adding vegetables and fruits to your meals. They are low in fat and calories, while providing fiber and other key nutrients. Most Americans should eat more than 3 cups—and for some, up to 6 cups—of vegetables and fruits each day. Vegetables and fruits don't just add nutrition to meals. They can also add color, flavor, and texture. Explore these creative ways to bring healthy foods to your table.

1 fire up the grill

Use the grill to cook vegetables and fruits. Try grilling mushrooms, carrots, peppers, or potatoes on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add great flavor to a cookout.

2 expand the flavor of your casseroles

Mix vegetables such as sauteed onions, peas, pinto beans, or tomatoes into your favorite dish for that extra flavor.



3 planning something Italian?

Add extra vegetables to your pasta dish. Slip some peppers, spinach, red beans, onions, or cherry tomatoes into your traditional tomato sauce. Vegetables provide texture and low-calorie bulk that satisfies.

4 get creative with your salad

Toss in shredded carrots, strawberries, spinach, watercress, orange segments, or sweet peas for a flavorful, fun salad.

5 salad bars aren't just for salads

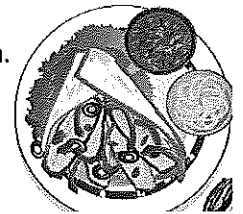
Try eating sliced fruit from the salad bar as your dessert when dining out. This will help you avoid any baked desserts that are high in calories.

6 get in on the stir-frying fun

Try something new! Stir-fry your veggies—like broccoli, carrots, sugar snap peas, mushrooms, or green beans—for a quick-and-easy addition to any meal.

7 add them to your sandwiches

Whether it is a sandwich or wrap, vegetables make great additions to both. Try sliced tomatoes, romaine lettuce, or avocado on your everyday sandwich or wrap for extra flavor.

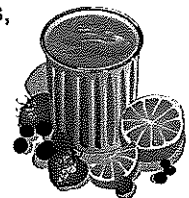


8 be creative with your baked goods

Add apples, bananas, blueberries, or pears to your favorite muffin recipe for a treat.

9 make a tasty fruit smoothie

For dessert, blend strawberries, blueberries, or raspberries with frozen bananas and 100% fruit juice for a delicious frozen fruit smoothie.



10 liven up an omelet

Boost the color and flavor of your morning omelet with vegetables. Simply chop, saute, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, onions, or bell peppers.