





Diocese of Shreveport Child Nutrition Program

SJB November Lunch Menu 2020-2021

Pre-K students receive all food item listed with portion sizes according to age.

Students in grades K-8th must choose at least 3 of 5 meal components offered daily (protein, grain, vegetable, fruit, and milk) and 1 component must be a fruit or a vegetable.)

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Mini Corn Dogs Tater Tots Steamed Broccoli Sweet Chilled Peaches Mac & Cheese Cup Milk	Pizza Hut Pizza Sweet Corn Fresh Cucumber Sticks W/ Ranch Dressing Fresh Seasonal Fruit Milk	Chicken & Waffles w/ Syrup Creamy Whipped Potatoes English Sweet Peas Pineapple Tidbits Homemade Yeast Roll Milk	Spaghetti Tacos Fresh Baby Carrots Crisp Spring Salad Classic Applesauce Milk	Nachos w/Cheese & Chili (K-8) Chicken Nuggets (All Pre-K) Best Baked Beans Oven Crisp French Fries Sweet Sliced Pears Sugar Cookie Milk
9	10	11	12	13
Char-Broiled Hamburger Oven Crisp French Fries Fresh Broccoli Florets Sweet Chilled Peaches Oatmeal Cookie Milk	Pizza Hut Pizza Sweet Potato Soufflé Crisp Spring Salad Fresh Seasonal Fruit Milk	Meatloaf Cupcake Creamy Whipped Potatoes Cajun Style Red Beans Fruit Cocktail w/Strawberry Jell-O Homemade Yeast Roll Milk	Fiesta Tacos Sweet Corn English Peas Classic Applesauce Spanish Rice Milk	Ballpark Chili Fritos Oven Crisp French Fries Sweet Buttered Carrots Chilled Pears Sugar Cookie Milk
16	17	18	19	20
Hot Dog w/Chili or Cheese Best Baked Beans Oven Crisp French Fries Sweet Sliced Pears Royal Brownie Milk	Pizza Hut Pizza Sweet Corn Fresh Cucumber Sticks W/ Ranch Dressing Fresh Seasonal Fruit Milk	Thanksgiving Roasted Turkey Creamy Whipped Potatoes Seasoned Green Beans Pineapple Tidbits Homemade Yeast Roll Milk	Spaghetti & Meat Sauce Fresh Baby Carrots Crisp Spring Salad Classic Applesauce Fresh Garlic Breadsticks Milk	Grilled Cheese Sandwich Tater Tots Steamed Broccoli Sweet Chilled Peaches Milk
23	24	25	26	27
	<h1 style="font-family: cursive;">Happy Thanksgiving</h1>			
30	Dec 1	Dec 2	Dec 3	Dec 4
Totchos (TaterTots w/ Chili & Cheese) Tater Tots Sweet Buttered Carrots Chilled Pears Cinnamon Roll Milk	Pizza Hut Pizza Sweet Potato Soufflé Crisp Spring Salad Fresh Seasonal Fruit Milk Milk	Meatloaf Cupcake Creamy Whipped Potatoes Cajun Style Red Beans Fruit Cocktail w/Strawberry Jell-O Homemade Yeast Roll Milk	Chicken Quesadillas Sweet Corn English Peas Classic Applesauce Spanish Rice	Fish Scribblers Oven Crisp French Fries Fresh Broccoli Florets Sweet Chilled Peaches Mac & Cheese Cup Milk

Menus are subject to change based on delivery of products.

Chicken Nuggets (Mon., Wed., Fri) or Mini Corn Dogs (Tues., Thurs.) are served as an entree option for grades K-8th.

Pre-Packaged Chef Salads are offered daily for grades K-8th and may include: Egg, Chicken Strips, Ham, or Turkey

2020-2021 Meal Prices

Reduced	\$0.40
Student	\$3.60
Adult/Visitor	\$5.60

2nd Servings

Main Dish	\$1.60
Veggie or Fruit	\$0.75
Breads	\$0.50
Milk	\$0.75

Smart Snacks are available at additional cost. Monthly Menus and all prices are posted online and in school cafeterias.

Daily Options:

- **Fat Free condiments** may include: Ranch, Italian, & Honey Mustard Dressings, and Ketchup.
- **Milk Choices** include: Fat-Free Chocolate Milk and 1% White Milk.
- **Whole Grains:** 50% of all grain items are Whole Grain Rich.
- **Extra Sales USDA Approved Smart Snacks** options offered daily may include: 100% Fruit Juices, variety of Baked Chips, and low-fat and/or sugar-free Frozen Juices or Ice Creams.
- **Please sign up for FREE to monitor and maintain your child's meal account at www.myschoolbucks.com**
- **For more information please contact the Diocese of Shreveport Office of Child Nutrition at (318) 219-7297, or go to <http://www.dioshpt.org/ministries/catholic-schools/school-nutrition-program/>**