


Waukesha Catholic
MCFI
K-8 Hot Lunch



November
2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NATIONAL CALZONE DAY WG Meat Calzone Marinara Sauce Cup Baby Carrots (1/4 cup) Seasonal Fruit Choice of Milk	2 WG Cheese Quesadilla Taco Packet Seasoned Beans Seasonal Fruit Choice of Milk	3 NATIONAL SANDWICH DAY Hamburger on WG Bun Ketchup Packet (2) Roasted Potatoes Seasonal Fruit Choice of Milk	4 Macaroni and Cheese WG Pretzel Breadstick Baby Carrots with Ranch Seasonal Fruit Choice of Milk	5 Crispy Chicken Salad with Breaded Chicken Patty Strips (4) over Romaine Salad with Ranch Dressing WG Graham Cracker Seasonal Fruit Choice of Milk
8 WG Beef and Cheese Burrito Taco Sauce Salsa Cup Baby Carrots (1/4 cup) Seasonal Fruit Choice of Milk	9 Turkey Hot Dog on WG Bun Ketchup Packet Steamed Corn Seasonal Fruit Choice of Milk	10 WG Cheese Ravioli with Shredded Cheese WG Dinner Roll with Margarine Baby Carrots with Ranch Seasonal Fruit Choice of Milk	11 Domino's Cheese Pizza Romaine Salad with Ranch Seasonal Fruit Choice of Milk	12 Sloppy Joe on WG Bun Baked Beans Seasonal Fruit Choice of Milk
15 BRUNCH FOR LUNCH Chicken and Waffles Chicken Nuggets with Waffle or Pancake Pouch Syrup Cup and BBQ Packet Sunset Sip Juice Seasonal Fruit Choice of Milk	16 Hamburger on WG Bun Ketchup Packet Baked Beans Seasonal Fruit Choice of Milk	17 Swedish Meatballs over Pasta WG Dinner Roll with Margarine Crunchy Broccoli with Ranch Seasonal Fruit Choice of Milk	18 WG Cheese Pizza Sticks Marinara Sauce Cup Baby Carrots (1/4 cup) Seasonal Fruit Choice of Milk	19 Roasted Turkey and Gravy WG Biscuit Mashed Potatoes Seasonal Fruit Choice of Milk
22 BRUNCH FOR LUNCH Pancake Wrapped Sausage on a Stick Yogurt Cup Syrup Cup Sunset Sip Juice Seasonal Fruit Choice of Milk	23 Domino's Cheese Pizza Romaine Salad with Ranch Seasonal Fruit Choice of Milk	24 EARLY DISMISSAL NO HOT LUNCH	25 NO SCHOOL / MCFI CLOSED  <small>This Photo by Unknown Author is licensed under CC BY-NC-ND</small>	26 NO SCHOOL MCFI CLOSED
29 Chicken Corn Dog Ketchup Packet Steamed Vegetable Seasonal Fruit Choice of Milk	30 WG Chicken Patty on WG Bun Mayo Packet Steamed Carrots Seasonal Fruit Choice of Milk	MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE This institution is an equal opportunity provider.		

*Offer up to 1/4 cup serving



With Thanksgiving being the traditional kickoff to the holiday season, the time can be filled with love, laughter, and good company. But it can also be filled with calories and a temporary pass on good health habits. If you don't want to start the holidays on the wrong foot or with too many calories under your belt, you can enjoy them and keep to your healthy eating habits.

Source: healthyswomen.org

For recipes and ideas, click the QR Code!

