



Diocese of Shreveport Child Nutrition Program Our Lady of Fatima School November 2022 Menu

Check out our new school lunch menu options! 5 YES, 5 main entrée menu options offered daily!
Plus, **Charcuterie Boxes** and Chef Salads are offered as a complete meal, just grab a milk!

*** NEW! Charcuterie LUNCH Boxes** for grades K-8th may include Pepperoni, Egg, Ham, Turkey, or Cheese along with Fresh Fruit, Veggies and Crackers. Additional menus will be added throughout the school year.

| | 1 | 2 | 3 | 4 |
|--|--|---|---|---|
| Midway Corndog Chicken Nuggets Yogurt Cup w/ Graham Crackers Tater Tots Steamed Broccoli Sweet Chilled Peaches Sugar Cookie Milk | Hamburger Mac & Cheese Popcorn Chicken Yogurt Cup w/ Graham Crackers Fresh Baby Carrots Seasoned Green Beans Classic Applesauce Homemade Yeast Roll Milk | French Toast & Sausage w/ Syrup Breakfast Pancake Sausage Stick w/ Syrup Yogurt Cup w/ Graham Crackers Hashbrown Potatoes Peas & Carrots Pineapple Tidbits Milk | Pizza Hut Pizza Yogurt Cup w/ Graham Crackers Sweet Potato Soufflé Crisp Spring Salad Fresh Seasonal Fruit Rice & Gravy Milk | Ballpark Chili Fritos Hot Dog w/Chili or Cheese Yogurt Cup w/ Graham Crackers Best Baked Beans Oven Crisp French Fries Sweet Sliced Pears Mac & Cheese Milk |
| 7 | 8 | 9 | 10 | 11 |
| Char-Broiled Hamburger Turkey Sandwich Yogurt Cup w/ Graham Crackers Tater Tots Fresh Broccoli Florets Sweet Chilled Peaches Milk | Chicken Alfredo Popcorn Chicken Yogurt Cup w/ Graham Crackers Fresh Baby Carrots Seasoned Green Beans Classic Applesauce Homemade Yeast Roll Milk | Chicken & Waffles w/ Syrup Breakfast Pancake Sausage Stick w/ Syrup Yogurt Cup w/ Graham Crackers Hashbrown Potatoes Peas & Carrots Pineapple Tidbits Milk | Pizza Hut Pizza Yogurt Cup w/ Graham Crackers Sweet Potato Soufflé Crisp Spring Salad Fresh Seasonal Fruit Rice & Gravy Milk | Grilled Chicken Sandwich Cod Fish Nuggets Yogurt Cup w/ Graham Crackers Red Beans & Rice Sweet Corn Sweet Chilled Pears Royal Brownie Milk |
| 14 | 15 | 16 | 17 | 18 |
| Sloppy Joe Sandwich Popcorn Chicken Yogurt Cup w/ Graham Crackers Sweet Buttered Carrots Oven Crisp French Fries Sweet Chilled Peaches Mac & Cheese | Fiesta Tacos (K-8) Mini Corn Dogs (Pre-K-8) Yogurt Cup w/ Graham Crackers Sweet Corn Refried Beans Classic Applesauce Cinnamon Roll Milk | Breaded Chicken Tenders (K-8) Mini Corn Dogs (K-8) Yogurt Cup w/ Graham Crackers Creamy Whipped Potatoes Sautéed Mixed Greens Fruit Cocktail w/ Jell-O Cornbread w/Syrup Milk | Pizza Hut Pizza Yogurt Cup w/ Graham Crackers English Sweet Peas Fresh Cucumber Sticks w/ Ranch Dressing Fresh Seasonal Fruit Rice & Gravy Milk | Grilled Cheese Sandwich Chicken Nuggets Yogurt Cup w/ Graham Crackers Tomato Soup Fresh Broccoli Florets w/ Ranch Dressing Sweet Sliced Pears Milk |
| 21 | 22 | 23 | 24 | 25 |



| | 28 | 29 | 30 |
|--|--|--|----|
| Midway Corndog Chicken Nuggets Yogurt Cup w/ Graham Crackers Tater Tots Steamed Broccoli Sweet Chilled Peaches Sugar Cookie Milk | Hamburger Mac & Cheese Popcorn Chicken Yogurt Cup w/ Graham Crackers Fresh Baby Carrots Seasoned Green Beans Classic Applesauce Homemade Yeast Roll Milk | French Toast & Sausage w/ Syrup Breakfast Pancake Sausage Stick w/ Syrup Yogurt Cup w/ Graham Crackers Hashbrown Potatoes Peas & Carrots Pineapple Tidbits Milk | |

Menus are subject to change based on delivery of products.

2022-2023 Meal Prices

| | |
|---------------|--------|
| Student | \$3.50 |
| Adult/Visitor | \$5.00 |

2nd Servings

| | |
|-----------------|--------|
| Main Dish | \$1.50 |
| 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.

Pre-K students receive one entrée and all other 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.

Chef Salads offered daily upon request only and may include Egg, Chicken Strips, Ham, or Turkey.

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:** 80% 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.