

# GESU Elementary Lunch Menu- November

## New Daily A La Carte Items: Muffins, Soup, Ham & Cheese Wraps

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>November 13</b>  <b>Meat Ball Sub</b>  <b>OR</b>  <b>Hot Dog</b>                      Fresh Pear Slices                      Mixed Veggies                      Milk or Water  <b>Nachos w/Cheese</b>                      Italian Wedding Soup</p>	<p><b>November 14</b>  <b>Beef OR Chicken Soft Taco</b>  <b>OR</b>  <b>Hot Dog</b>                      Spanish Rice                      Pears                      Milk or Water  <b>Pretzel</b>                      Italian Wedding Soup</p>	<p><b>November 15</b>  <b>Hot Dog</b>  <i>Baked</i> Fries                      Fresh Oranges                      Milk or Water  <b>OR</b>  <b>Pizza</b>                      Italian Wedding Soup</p>	<p><b>November 16</b>  <b>Belgian Waffle</b> <b>WG</b>  <b>W/Sausage Links</b> <b>OR</b>  <b>Hot Dog</b>                      Broccoli &amp;                      Warm Apples slices                      Milk or Water  <b>Fresh Smoothie</b>                      Italian Wedding Soup</p>	<p><b>November 17</b>  <b>Popcorn Chicken</b>  <i>Baked</i> Tater Tots                      Fruit Slushy                      Milk or Water  <b>OR</b>  <b>Pizza</b>                      Italian Wedding Soup</p>
<p><b>November 20</b>  <b>Chicken Lo Mein &amp; Fried Rice</b>  <b>OR Grilled Ham &amp; Cheese Sandwich</b>                      Grapes &amp; Carrots                      Milk or Water  <b>Nachos w/Cheese</b>                      Chicken Dumpling Soup</p>	<p><b>November 21</b>  <b>Beef Soft Taco</b> <b>OR</b>  <b>Grilled Ham &amp; Cheese Sandwich</b>                      Peppers, Corn &amp; Rice                      Pineapple                      Milk or Water  <b>Pretzels</b>                      Chicken Dumpling Soup</p>	<p><b>November 22</b>  <b>No School</b></p> 	<p><b>November 23</b></p>  <p><b>No School</b></p>	<p><b>November 24</b>  <b>No School</b></p> 
<p><b>November 27</b>  <b>Mac &amp; Cheese</b>  <b>OR</b>  <b>Cheeseburger</b>                      Brussel Sprouts &amp; Pears                      Milk or Water  <b>Nachos w/Cheese</b>                      Corn Chowder Soup</p>	<p><b>November 28</b>  <b>Chicken or Beef Walking Taco</b>  <b>OR</b> Cheeseburger                      Rice and Black Beans                      Fresh Pineapple                      Milk or Water  <b>Pretzels</b>                      Corn Chowder Soup</p>	<p><b>November 29</b>  <b>Cheeseburger</b>                      Fresh Peaches  <i>Baked</i> Smile Fries                      Milk or water  <b>OR</b>  <b>Pizza</b>                      Corn Chowder Soup</p>	<p><b>November 30</b>  <b>Chocolate Chip Pancakes with Sausage Links</b> <b>OR</b>  <b>Cheeseburger</b>                      Corn &amp; Grapes                      Milk or Water                      Corn Chowder Soup</p>	<p><b>December 1</b>  <b>Corn Dogs</b>                      Fruit Salad  <i>Baked</i> Waffle Fries                      Milk or water  <b>OR</b>  <b>Pizza</b>                      Corn Chowder Soup</p>
<p><b>December 4</b>  <b>Grilled Cheese Sandwich</b> <b>OR</b>  <b>Crispy Chicken Sandwich /WG Bun</b>                      Green Beans &amp; Pears                      Milk or Water  <b>Nachos w/Cheese</b>                      Tomato Basil Soup</p>	<p><b>December 5</b>  <b>Beef or Chicken Soft Taco</b>  <b>OR</b> Grilled Cheese Sandwich                      Roasted Potatoes &amp; Corn                      Milk or Water  <b>Pretzels</b>                      Tomato Basil Soup</p>	<p><b>December 6</b>  <b>Grilled Cheese Sandwich</b>                      Cauliflower  <i>Baked</i> Smile Fries                      Milk or water  <b>OR</b>  <b>Pizza</b>                      Tomato Basil Soup</p>	<p><b>December 7</b>  <b>French Toast</b> <b>WG</b>  <b>w/ Sausage Links</b> <b>OR</b>  <b>Baked Potato Bar</b>                      Broccoli &amp;                      Warm Apples slices                      Milk or Water                      Corn Chowder Soup</p>	<p><b>December 8</b>  <b>Chicken Tenders</b>  <i>Baked</i> Tater Tots                      Fruit Slushy                      Milk or Water  <b>OR</b>  <b>Pizza</b>                      Chicken Noodle Soup</p>
<p><b>December 11</b>                      Pasta Marinara w/ Meat Balls <b>OR</b> Crispy Chicken Sandwich /WG Bun                      Butternut Squash &amp; Apples                      Milk or Water  <b>Nachos w/Cheese</b>                      Chicken Noodle Soup</p>	<p><b>December 12</b>  <b>Beef or Chicken Soft Taco</b> <b>OR</b> Crispy Chicken Sandwich /WG Bun                      Corn &amp; Rice                      Fresh Pineapple                      Milk or Water  <b>Pretzels</b>                      Chicken Noodle Soup</p>	<p><b>December 13</b>  <b>Crispy Chicken Sandwich /WG Bun</b>                      Pears &amp; <i>Baked</i> Fries                      Milk or water  <b>OR</b>  <b>Pizza</b>                      Chicken Noodle Soup</p>	<p><b>December 14</b>  <b>Donut Holes /Sausage Links</b> <b>WG</b> <b>OR</b> Crispy Chicken Sandwich <b>WG</b> Bun                      Grapes &amp; Brussel Sprouts                      Milk or Water  <b>Fresh Smoothie</b>                      Chicken Noodle Soup</p>	<p><b>December 15</b>  <b>Chicken Nuggets</b>  <i>Baked</i> Sweet Potato Fries                      Fruit Salad                      Milk or water  <b>OR</b>  <b>Pizza</b>                      Chicken Noodle Soup</p>

The "WG" on the menu indicates the product is "Whole Grain". Whole grains foods have many nutritional benefits including their fiber which helps to keep us full longer after eating them!



Menus are subject to change.



**Combo Lunch Price....\$3.50**  
**Entrée Only.....\$2.50**  
**Side Only.....\$1.00**

**Pizza Days are Wed. & Fri.**  
**\$2.50 Sold Only by the Slice.**

**A La Carte Selections**

- Grilled Chicken Salad 5.00
- Baked Muffin 1.00(M,W,F)
- Yogurt Parfait w/granola 2.50
- Side Salad 2.50
- Entrée Only 2.50
- Soup and Roll 2.50
- Fresh Turkey OR Ham Wraps 3.25
- Assorted Snacks 1.00 - 2.00
- Seasonal Hand Fruit 1.00
- Assorted Milk .50
- Cheese Stick .50
- Assorted Ice Cream 1.00 - 2.50
- Assorted Beverages 1.50
- Soft Pretzel 1.25 -Tuesday
- Nachos 2.00 - Monday
- Smoothies 1.50 - Thursday

**\* Please Note That All Combo Meals are served w/two sides & Your Choice of Milk or Water**

