




# Mount Mercy Academy Lunch Menu

# November

## 2017



Menu is subject to change. "This institution is an equal opportunity provider and employer"

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Patty Sandwich Seasoned Fries ----- Romaine Salad	2 Pasta with Sauce Garlic bread and Salad ----- Romaine Salad	3 Pepperoni or Veggie Pizza  
6 <b>Sub Day</b>	7 Chicken Fingers or Ham/Cheese Sandwich ----- French Fries Carrots	8 Chicken Patty Sandwich or Bologna Sandwich ----- Tomatoes Roasted Potatoes	9 Pasta with Meat Sauce Or Turkey Sub ----- Romaine Salad Broccoli	10
13 <b>Pizza Day</b>	14 Meatball Sub Or Chicken Fingers ----- Mashed Potatoes Corn	15 Chicken Patty Sandwich Or Turkey/Bacon Sandwich ----- Seasoned Noodles Navy Beans	16 Pasta with Sauce Or BBQ Chicken Sandwich ----- Romaine Salad Carrots	17 Pepperoni or Veggie Pizza or Ham/Cheese sandwich ----- Tomatoes/cucumbers Romaine Salad
20 Grilled Cheese Sandwich or Tacos ----- Rice Tomato Soup	21 <b>Turkey with gravy</b> or Egg Salad Sandwich ----- Mashed Potatoes Sweet Potatoes	22	23 	24
27 Chicken Fingers OR BLT Sub ----- Broccoli Corn	28 Tacos Or Hotdog on a bun ----- Rice Carrots	29 Chicken Patty on a bun or Turkey Sub ----- Baked Potato Black Bean Salad	30 Pasta with Sauce or Bologna Sandwich ----- Romaine Salad Tomatoes	

### We Serve Daily

*Fresh Julienne Salad w Roll  
PBJ*

*Lunch Price \$2.45*

*We offer fresh or prepared fruits*



*and vegetables daily.*

*(Must take ½ cup of Fruit or Veggies)  
Non or Low Fat White or  
Non Fat Chocolate Milk*

**Start with a:**

- Vegetable
- Fruit (or take both)
- Choose whole grains
- Pick a lean protein
- Add serving of milk

**Take at least 3**