



# Lunch Menu

Each lunch includes Entree, Vegetables,  
Fruit, and Milk

## Choice Entrees

Peanut Butter & Jelly Sandwich  
Yogurt & Fruit Parfait  
Southwest Chicken Salad  
Chicken, Corn/black beans, tortilla strips, cheese  
(Choose one of these in place of entree- Served  
with veggies, Fruit, and Milk)

Nov 4th Ram Bowl Mashed Potatoes Buttered Corn W/G Biscuit Apple Sauce	Nov 5th Chicken Bruschetta Pasta with W/G Penne Green Beans Garlic Bread Peaches	Nov 6th Philly Cheese Steak on W/G Bun Baked Beans French Fries Banana	Nov 7th Orange Chicken w/ Brown Rice Stir Fry Veggies WG Dinner Roll Cantaloupe	Nov 8th Pepperoni Pizza Breadstick Romaine Caesar Salad Apple Slices
Nov 11th Chicken Tenders and W/G Waffles Mashed sweet potatoes Seasoned Corn Apple Juice	Nov 12th W/G Rotini with Meat Sauce Parmesan Broccoli Garlic Knot Mandarin Oranges	Nov 13th Cheeseburger W/G Bun Potato Fries Sliced Carrots Banana	Nov 14th Chicken Fajita Brown Rice Bowl Spicy Black Beans Cornbread Fresh Orange Wedges	Nov 15 Sausage Pizza Breadstick Romaine Garden Salad Apple Slices
Nov 18th Meatloaf Mashed Potatoes Green beans Peaches Dinner Roll	Nov 19th Chicken Alfredo over W/G penne Broccoli Salad Garlic Bread Applesauce	Nov 20th Spicy Chicken Sandwich W/G Bun California Blend vegs French Fries Mandarin Oranges	Nov 21st Oven Roasted Turkey Mashed Potatoes/ Gravy Stuffing Green Bean Casserole Cobbler	Nov 22nd Cheese Pizza Breadstick Romaine Caesar Salad Pears
Nov 25th Breaded Chicken Bites Seasoned Potatoes Pickle Chips Biscuit Pineapple	Nov 26th Chicken Parmesan with W/G rotini Garden Salad Garlic Knot Mixed Fruit			

CHOICE OF 8 FL OZ MILK: 1% MILK & FF CHOCOLATE MILK

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.



**Balanced nutrition throughout the day contributes to student success in and out of the classroom. The National School Lunch Program (NSLP) offers students fruits, vegetables, whole grains, lean protein and fat free or low-fat milk with every school lunch.**

**Questions or Comment please email us - [cafe@holyspirtity-indy.org](mailto:cafe@holyspirtity-indy.org)**






# Breakfast Menu

Breakfast is served each morning in the  
cafe from 7:00-7:25am



Nov 4th Cinnamon Roll Pear Cup Juice & Milk	Nov 5th Yogurt Cup Cereal Choice Craisins Juice & Milk	Nov 6th Strawberry Pastry Mandarin Cup Juice & Milk	Nov 7th Sausage Pancake Stick Pineapple Cup Juice & Milk	Nov 8th Blueberry waffle Peach Cup Juice & Milk
Nov 11th French Toast Mixed Fruit Juice & Milk	Nov 12th Yogurt Cup Cereal Choice Pears Juice & Milk	Nov 13th Breakfast Pizza Pineapple Juice & Milk	Nov 14th Blueberry donut hole Peaches Juice & Milk	Nov 15th Cinna-minis Craisins Juice & Milk
Nov 18th W/G Banana Bread Slice Mandarin Oranges Juice & Milk	Nov 19th Yogurt Cup Cereal Bowl Peaches Juice & Milk	Nov 20th W/G Bagel Peanut Butter Cup Pears Juice & Milk	Nov 21st Sausage Breakfast Sandwich Applesauce Juice & Milk	Nov 22nd Apple Strudel Raisins Berries Juice & Milk
Nov 25th Mini Pancakes Mandarin Oranges Juice & Milk	Nov 26th Yogurt Cup Cereal Choice Pears Juice & Milk			

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