

HTC Elementary School Menu November 2023

Monday

Tuesday

Wednesday

Thursday

Friday

**** November 7th Fairview campus ONLY Bagged Lunch Ham sandwich w/wo cheese on a bun - 3 cucumber slices- 2.6 oz baby carrots - applesauce cup and milk		1 Pasta Bar <i>meat sauce-no sauce-regular sauce</i> 1 c rotini 3/4 c cooked broccoli 1/2 c Assorted fruit 8 oz Assorted milk	2 4 French Toast sticks <i>^choice of 2 proteins syrup</i> 1/4 c 1 hash brown ketchup 2.6 oz baby carrots ranch 1/2 c Assorted fruit 8 oz Assorted milk	3 Toasted Cheese sandwich 1 c tomato soup 1/4 c cucumber slices 1/2 c Assorted fruit 8 oz Assorted milk
6 6 Dino Chicken Nuggets & T-roll 1/2 c cooked carrots 1/2 cooked green beans 1/2 c Assorted fruit 8 oz Assorted milk	7 ***4 Wild Mikes cheese stuffed bread sticks w/wo pizza sauce or marinara sauce 1/4 c cucumber slices 2.6 oz baby carrots ranch 1/2 c Assorted fruit 8 oz Assorted milk	8 Thanksgiving Feast 2 oz Roasted Turkey -T-roll 1/2 c Mashed Potatoes 1/4 corn 1/4c gravy 1/4 c stove top stuffing 1/2 c Assorted fruit pudding pies 8 oz Assorted milk	9 Virtual Day	10 No School
13 No School	14 2 Pancakes syrup <i>^choice of 2 proteins</i> 1/4 c 1 hash brown ketchup 2.6 oz baby carrots ranch 1/2 c Assorted fruit 8 oz Assorted milk	15 3 chicken tenders with garlic stick 1/2 c cooked broccoli 1/2 c mixed vegetables 1/2 c Assorted fruit 8 oz Assorted milk	16 Ham & Cheese on Pretzel bun <i>no cheese - American or provolone</i> 1/2 c cooked green beans 1/4 c cooked carrots 1/2 c Assorted fruit 8 oz Assorted milk	17 Cheese or Pepperoni Pizza 2.6 oz baby carrots ranch 1/4 c cucumber slices 1/2 c Assorted fruit 8 oz Assorted milk
20 Chicken Patty on a bun 1/2 c cooked green beans 1/4 cooked carrots 1/2 c Assorted fruit 8 oz Assorted milk	21 2 Cheese Stuffed Bread Sticks with pizza sauce 2 oz or marinara sauce Baby carrots 2.6 oz. bag 1/4 c celery ranch 1/2 c Assorted fruit 8 oz Assorted milk	22 No Lunch	23 Thanksgiving break	24 Thanksgiving break
27 Thanksgiving break	28 5 Chicken Nuggets 1/2 c rice 1/4 c cooked carrots 1/2 c green beans 1/2 c Assorted fruit 8 oz Assorted milk	29 Walking Taco w/wo cheese "taco meat -nacho chips" 1 c shredded lettuce 1/4 c cherry tomatoes salsa 1/2 c Assorted fruit 8 oz Assorted milk	30 4 French Toast sticks <i>^choice of 2 proteins syrup</i> 1/4 c 1 hash brown ketchup 2.6 oz baby carrots ranch 1/2 c Assorted fruit 8 oz Assorted milk NO 3rd or 4th for lunch	1 Toasted Cheese sandwich 1 c tomato soup 1/4 c cucumber slices 1/2 c Assorted fruit 8 oz Assorted milk

Lunches \$3.25 Pre-paid Reduced lunches Free Adults \$4.45 Pre-paid on-line at "www.myschoolaccount.com" or checks sent to the office in an ENVELOPE marked with the child's name, campus name and "CAFETERIA - LUNCH MONEY" on the envelope	Lunch statements are emailed at the end of the month. The sender is noreply@myschoolaccountnotifications.com Please check your spam or junk folder. Negative statements will be emailed accordingly.
NO CHARGED LUNCHES Lunch payments must be made by using separate checks for each HTC school campus.	

^Proteins for breakfast - sausage, cheese stick, yogurt
or hard boiled egg.

1/2 or all grains will be whole grains
1/2 of grains may be enriched

The entrée's are in bold and italicized in monthly menu.
All daily vegetables, milk and fruit are served with each entrée.

****The following Entrees kits are** offered
every day and is substituted for the main

Snacks/Beverages

purchased in the cafeteria will be charged to
the student's lunch account. (ala carte)

If the student does not have a credit balance
in the ala carte purchase will be denied.

Extra Student Entrée \$1.50

will be denied if no funds in ala carte
account

Canned fruit in juice or extra light syrup

Assorted Fruit includes: 1/2 c portions

canned mixed fruit, canned or frozen peaches, canned
pears, canned applesauce

Additional available fruit may be offered

raisins, frozen strawberries, watermelon, canned mandarin oranges
orange juice, grape juice, bananas, apples, grapes, canned pineapple

Check lunchroom board for availability.

<u>Parfait Kit**</u>	<u>Uncrustable Kit**</u>	<u>Egg & Cereal Kit**</u>	<u>The Guardian**</u>
8 oz. of vanilla yogurt 1/4 c granola .75 oz baked goldfish with or without strawberries	2.6 oz. PB & J Uncrustable choice of 4 oz. yogurt or a 1 oz. cheese stick .75oz baked gold fish	Large hard boiled egg 1 oz. bowl cereal .75oz baked goldfish Prk3 & Prk4 cereal choice cheerios or cinnamon toast crunch	1 oz cheese stick 4 oz yogurt 1.45 oz reduced fat tortilla chips with or without salsa

Each kit provides 2 oz. eq protein & 2 grain eq which is equal to 2 items for a reimbursable lunch.

****Kits are served with the vegetable and fruit of the day and milk**

Assorted Milk may include: half pint of

Fat free white, 1% white, 1% chocolate, 1% strawberry, 1% vanilla

PRK White Milk only served with lunch

Students must take **3** of the **5** items offered every day.

AND

(Meat/Meat alternate + grain = entrée most of the time)

One of those items **must** be 1/2 cup of fruit or vegetables.

We offer 1/2 cup servings of assorted fruit and at least 3/4 cup of

at least 3/4 cup of vegetables in many varieties and portion sizes everyday.

Condiments packets only - may include

ranch, hot sauce, syrup, BBQ sauce, ketchup, salsa

Italian, mustard

Any questions about the menu, please email Chris Watt @ Watt.Christine@holyltrinitycatholic.school.

Items may be substituted without notice due to unforeseen circumstances.