

November 2017

Archdiocese of Galveston-Houston



We Transform the World!

CATHOLIC SCHOOLS

THE ARCHDIOCESE OF GALVESTON-HOUSTON



Child Nutrition Department: P: 713.391.2624

Online Application: www.schoolmealapp.com

Online Account/Payment: www.schoolmealapp.com

Reduce: .40¢ Paid: \$3.00

Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday

Tuesday

Wednesday

Thursday

Friday



1

COWBOY SANDWICH
SWEET POTATO FRIES
PINTO BEANS
FRUIT OF THE DAY
MILK VARIETY
KETCHUP/MAYO/MUSTARD

2

SPAGHETTI w/MEATBALLS
CUCUMBERS
FRUIT OF THE DAY
MILK VARIETY
RANCH

3

CHEESY PIZZA STICKS
COOKIE
CORN
FRUIT OF THE DAY
MILK VARIETY
RANCH
MARINARA SAUCE

6

OVEN BAKED CHICKEN
ROLL
MASHED POTATOES
BROCCOLI
FRUIT OF THE DAY
MILK VARIETY
RANCH/KETCHUP

7

NACHOS
PINTO BEANS
CUCUMBERS
FRUIT OF THE DAY
MILK VARIETY

8

CORN DOG
CARROTS
FRIES
FRUIT OF THE DAY
MILK VARIETY
KETCHUP

9

CHICKEN WINGS
SWEET POTATO FRIES
CELERY
FRUIT OF THE DAY
MILK VARIETY
KETCHUP

10

PIZZA
COOKIE
GREEN BEANS
FRUIT OF THE DAY
MILK VARIETY
RANCH



13

BURGER
ROMAIN LETTUCE w/TOMATO
FRENCH FRIES
FRUIT OF THE DAY
MILK VARIETY
KETCHUP/MAYO/MUSTARD

14

TAMALES
BLACK BEANS
VEGGIE MIX
FRUIT OF THE DAY
MILK VARIETY
SALSA

15

COWBOY SANDWICH
SWEET POTATO FRIES
PINTO BEANS
FRUIT OF THE DAY
MILK VARIETY
KETCHUP/MAYO/MUSTARD

16

SPAGHETTI w/MEATBALLS
CUCUMBERS
FRUIT OF THE DAY
MILK VARIETY
RANCH

17

CHEESY PIZZA STICKS
COOKIE
CORN
FRUIT OF THE DAY
MILK VARIETY
RANCH
MARINARA SAUCE

20

THANKSGIVING HOLIDAY

21

THANKSGIVING HOLIDAY

22

THANKSGIVING HOLIDAY

23

THANKSGIVING HOLIDAY

24

THANKSGIVING HOLIDAY

27

BURGER
ROMAIN LETTUCE w/TOMATO
FRENCH FRIES
FRUIT OF THE DAY
MILK VARIETY
KETCHUP/MAYO/MUSTARD

28

TAMALES
BLACK BEANS
VEGGIE MIX
FRUIT OF THE DAY
MILK VARIETY
SALSA

29

COWBOY SANDWICH
SWEET POTATO FRIES
PINTO BEANS
FRUIT OF THE DAY
MILK VARIETY
KETCHUP/MAYO/MUSTARD

30

SPAGHETTI w/MEATBALLS
CUCUMBERS
FRUIT OF THE DAY
MILK VARIETY
RANCH

*Menus are
subject to
change
without notice*

