



Immaculate Conception Regional School

Growing Healthy Students!



Monday	Tuesday	Wednesday	Thursday	Friday
Harvest of the Month: Broccoli!!! Join us November 6th and 20th as we enjoy local broccoli! Broccoli is a great source of vitamins K and C, a good source of folate (folic acid) and also provides potassium & fiber. A few lucky schools will have special guests in their cafeterias those days.			1-Nov Homemade Macaroni and Cheese Steamed Peas/Roll Salad & Fruit Bar Nonfat & 1% Milk	2-Nov Pizza Caesar Salad Salad & Fruit Bar Nonfat Chocolate Milk
5-Nov Mandarin Orange Chicken Steamed Brown rice/Broccoli Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk	6-Nov Hamburger French Fries Broccoli Salad Salad & Fruit Bar Nonfat & 1% Milk	7-Nov Cold Ham and Cheese Sandwich Doritos Salad & Fruit Bar Nonfat & 1% Milk	8-Nov Chicken Legs Mashed Potatoes/ Green Beans Salad & Fruit Bar Nonfat & 1% Milk	9-Nov Noon Dismissal No Lunch
12-Nov No School! Veterans Day	13-Nov Chicken Nuggets Apple Churro Salad & Fruit Bar Nonfat & 1% Milk	14-Nov Popcorn Chicken Fries Salad & Fruit Bar Nonfat & 1% Milk	15-Nov Thanksgiving Meal Turkey & Gravy Mashed Potatoes Whole Wheat Roll Salad & Fruit Bar Nonfat & 1% Milk	16-Nov Pizza Caesar Side Salad Salad & Fruit Bar Nonfat Chocolate Milk
19-Nov No School School Conferences	20-Nov No School School Conferences	21-Nov No School School Conferences	22-Nov No School Thanksgiving Break 	23-Nov No School Thanksgiving Break
26-Nov Sweet and Sour Chicken Brown Rice Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk	27-Nov Chicken Burger French Fries Salad & Fruit Bar Nonfat & 1% Milk	28-Nov Spaghetti & Meatsauce Dinner Roll Steamed Corn Salad & Fruit Bar Nonfat & 1% Milk	29-Nov Turkey Hoagies Chips Salad & Fruit Bar Nonfat & 1% Milk	30-Nov Pizza Caesar Salad Salad & Fruit Bar Nonfat Chocolate Milk

Meal Prices:	
K-4 Lunch	\$3.25
5-8 Lunch	\$3.75
Reduced Price	\$0.40
Adult Lunch	\$4.00
Milk	\$0.40

Did You Know:

Each lunch comes complete with **fresh vegetables**, **choice of fresh fruit**, and **milk!**

This institution is an equal opportunity provider and employer. Menu subject to change without notice.