



Providence Academy

Lunch Menu

November 2016

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Cranberries Spaghetti Squash Lemon Grass</p> <p>1</p>	<p>Spaghetti with Meat Sauce* Garlic Breadstick Fruit Cup</p> <p>Gluten free available</p> <p>1</p>	<p>No School</p> <p>2</p>	<p>Chicken Teriyaki Basmati Rice Steamed Vegetable Fortune Cookie</p> <p>3</p>	<p>Three Cheese Curly Macaroni* Breaded Tilapia Fillet Steamed Broccoli/Cauliflower Fruit Cup</p> <p>*Gluten free available</p> <p>4</p>
<p>Cheeseburger on a Bun* Lettuce & Tomato French Fries Dessert Treat</p> <p>*Gluten free available</p> <p>7</p>	<p>Sweet Italian Sausage Cavatappi in Tomato Sauce* Garlic Breadstick Fruit Cup</p> <p>*Gluten free available</p> <p>8</p>	<p>Hot Ham & Cheese Croissant Kettle Chips Carrot Sticks Fruit Cup</p> <p>9</p>	<p>Oven Roasted Turkey Homemade Mashed Potatoes with Gravy Steamed Vegetable Dessert Treat</p> <p>10</p>	<p>Grilled Cheese on Texas Toast* Potato Smile Tomato Soup with Goldfish Crackers</p> <p>*Gluten free available</p> <p>11</p>
<p>Chicken Tenders Steamed Baby Red Potatoes with Gravy Steamed Vegetable Fruit Cup</p> <p>14</p>	<p>Penne Pasta with Meat Sauce* Garlic Breadstick Fruit Cup</p> <p>*Gluten free available</p> <p>15</p>	<p>Soup and Half Sub Sandwich* Carrot Sticks Pudding Cup</p> <p>*Gluten free available</p> <p>16</p>	<p>Meatballs with Gravy Homemade Mashed Potatoes Steamed Vegetable Dessert Treat</p> <p>17</p>	<p>Popcorn Shrimp Caesar Salad Garlic Bread Dessert Treat</p> <p>18</p>
<p>Crispy Orange Chicken Basmati Rice Steamed Vegetable Fortune Cookie</p> <p>21</p>	<p>Chef's Choice</p> <p>22</p>	<p>No School</p>		
<p>Italian Dunkers with Meat Sauce* Steamed Vegetable Fruit Cup</p> <p>*Gluten free available</p> <p>28</p>	<p>Grilled Chicken Caesar Salad Garlic Breadstick Fruit Cup</p> <p>29</p>	<p>Gemelli Pasta with Meat Sauce* Garlic Breadstick Birthday Cake *Gluten free available</p>  <p>30</p>	 <p>Choose MyPlate.gov</p>	<p><i>Happy Thanksgiving</i></p> 



Fresh vegetables plus fresh and canned fruits are available daily with lunch from the Fruit & Vegetable Bar.

Daily Lunch Special Available at the Grill. See Grill Menu on the PA website or call 763-258-2535.

You can always get your menu questions answered by calling the Food Service Director at 763-258-2535.

A beverage selection is included with all lunches. Students may choose from the following items:
Milk, Small Juice, Dannon Water.
Limit 2 per person.

