



Don't Forget
To Eat Your
Vegetables

School District of New London Catalyst Lunch Menu

Fruit & Vegetables Included With Every Meal

November
2017

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6

Sloppy Joe on a Bun

Turkey BLT Flatbread

Sweet Potato Fries

31

Macaroni & Cheese
Garlic Toast

Yogurt Pak with Bagel

Mini Rice Krispie Treat

Garden Green Beans

1

Beefy Nachos with Cheese

Hot Dog on a Bun

Refried Beans

2

Cheeseburger

Pretzel Bites w/Cheese Cubes

Corn

3

Cheese Pizza

Chicken & Cheese Quesadilla

Roasted Broccoli

6

Parmesan Chicken Bites
Buttered Noodles

Cheeseburger
Kettle Potato Chips

California Blend Vegetable

7

Beefy Nachos with Cheese

BBQ Chicken Sandwich

Refried Beans

8

Crispy Chicken Tender Basket
Soft Pan Roll

Fish Nugget Basket
Soft Pan Roll

Potato Wedges

9

Mini Corn Dogs

Pancakes
Syrup
Diced Ham

Baked Beans
Tator Tots

10

Cheese Bread with Marinara
Sauce
Marinara Sauce

Hamburger on a Bun

Garlic & Herb Broccoli

13

Pancakes
Syrup
Diced Ham

Hot Dog on a Bun

Tator Tots

14

BBQ Rib Sandwich
Cornbread

Crispy Chicken Nuggets
Cornbread

15

Pizza Parlor Cheese Pizza

Pretzel Bites w/Cheese Cubes

Garden Green Beans

16

Ham, Egg & Cheese on an
English Muffin

Chicken Patty Sandwich

Tator Tots

17

Thanksgiving Turkey and
Gravy
Soft Pan Roll
Yogurt Pak with Bagel

Bread Stuffing

Mashed Potatoes

20

Pancakes
Syrup
Diced Ham

Hot Dog on a Bun

Tator Tots

21

BBQ Rib Sandwich
Cornbread

Crispy Chicken Nuggets
Cornbread

22

No School

23

NO SCHOOL - HAPPY
THANKSGIVING!

24

No School

27

Max Stix
Marinara Sauce

Corn Dog

Garden Green Beans

28

Chicken Strip Basket
Soft Pan Roll

Cheeseburger Basket

Golden French Fries

29

Macaroni & Cheese
Garlic Toast

Chicken Bacon Ranch Melt
Kettle Potato Chips

Corn

30

Beefy Nachos with Cheese

Pretzel Bites w/Cheese Cubes

Refried Beans

