







Please Circle, Highlight or write in your Main Meal Choice and return to the school office As soon as possible.
Be sure to check the back side for New items!



Monday	Tuesday	Wednesday	Thursday	Friday
				1) Hot Dog on Bun Chicken Patty on Bun Oven Fries Steamed Broccoli Fruit Cocktail Cup Milk
4) Sausage n Cheese Sandwich Cheese Quesadilla Tomato Soup Oven Roasted Potatoes Fruit Cup Milk	5) Taco in a Bag Cheese Quesadilla Steamed Brown Rice Beets Applesauce Milk	6) Turkey Pot Pie Cheese Quesadilla Mashed Potato's w/ Gravy Corn Chilled Fruit Cup Milk	7) Pizza Sub Cheese Quesadilla Sweet Potato Fries Carrots/Celery with dip Fruit Cup Milk	8) Half day No Lunch 
11) 	12) Beef Burrito Tuna Sandwich Buttered Noodles Corn Fruit Cup Milk	13) Lasagna Tuna Sandwich Garden Salad Butter Bread Fruit Milk	14) Pepperoni Pizza Tuna Sandwich Veggie Dippers Pears Milk	15) Oven Bakes Chicken Leg Tuna Sandwich Cauliflower Rice Fruit Milk
18) Chicken Patty on Bun Salad Bar Stuffing Green Beans Fruit Cup Milk	19) Taco's (Hard or Soft) Salad Bar Steamed Broccoli Seasoned Rice Fruit Cup Milk	20) Oven Baked Ham Salad Bar Mashed Potato's with Gravy Beets Fruit Milk	21) Taco Pizza Salad Bar Carrots/Celery w/dip Fruit Cup Milk	22) Fish on Bun Salad Bar Oven Fries Mixed Veggies Fruit Cup Milk
25) Chicken Quesadilla's Hot Dog on Bun Buttered Noodles Seasoned Golden Corn Fruit Cup Milk	26) Oven Roasted Turkey Hot Dog on Bun Stuffing Mashed Potatoes w/ Gravy Steamed Broccoli Fruit Cobbler Milk	27) Half day/ No Lunch Break Fest With Grandparents 	28) Happy Thanksgiving 	29)

Menu is available on the Web:
www.stmatthewlutheran.net

St. Matthew Lutheran Church & School
875 Eggert Drive
North Tonawanda, NY 14120
692-1811, ext. 207
Jackie Slota
Food Service Director

You May Choose the Menu of the Day or Substitute as Follow:

Lunch Prices:

Preschool: _____ \$2.10
K-3rd Grade: _____ \$2.35
4-5th Grade: _____ \$2.65
Reduced Lunch: _____ .25¢
Double Deal: _____ \$1.35
Adult Lunch: _____ \$3.30

Milk: .50¢

Available Daily:

Assorted fruit cup

Vegetable

Your choice of
1% White or
Fat Free chocolate Milk

Pumpkin Pie Dip

Serves: 12 Yield: 3 cups Units: US | Metric

Ingredients:

- 1 (8 ounce) package cream cheese, softened
- 2 cups powdered sugar
- 1 (15 ounce) can pumpkin pie filling (pumpkin pie filling)
- 1 teaspoon ground cinnamon
- 1/2-1 teaspoon ground ginger
- apple slices, gingersnaps

Directions:

1. Beat cream cheese and sugar at medium speed with an electric mixer until smooth.
2. Add pie filling, cinnamon, and ginger, beating well.
3. Cover and chill 8 hours.
4. Serve with gingersnaps and apple slices.

Nutritional Facts for Pumpkin Pie Dip

Serving Size: 1 (89 g)

Servings Per Recipe: 12

*Amount Per Serving % Daily Value
Calories 180.2
Calories from Fat 58
32% Total Fat 6.5 g 10%
Saturated Fat 3.6 g 18%
Cholesterol 20.8 mg 6%
Sodium 134.9 mg 5%
Total Carbohydrate 30.3 g 10%
Dietary Fiber 3.0 g 12%
Sugars 20.1 g 80%
Protein 1.5 g 3%*

Your Choice of One:

***The Daily Entrée**
(item shown in **bold type** on menu front)*

**The Weekly Entrée*
(item shown in *italics* on menu front)*

Or

***Garden Salad entrée**

***Grilled Cheese entrée**

***Peanut Butter Sandwich**

***Peanut Butter & Jelly Sandwich**

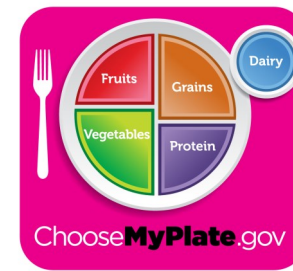
Fresh Fruit available daily

Double Deal (extra entrée with Lunch) please add
\$1.25

Ala Cart (just Main entrée) \$1.25

Nutrition Tip:

They learn from watching you. Eat fruits and veggies and your kids will too.



Student Name: _____

Amount Enclosed: _____

Cash / Check # _____