St. Rose of Lima School LUNCH MENU

November 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pasta & Meatballs BBQ Chicken Sandwich Green Beans Fruit Choice	3 Beef Nachos All Beef Hot Dog Fiesta Corn Fruit Choice	4 Breaded Chicken Tenders w/ Mini Waffles Pizza Crunchers Tater tots Fruit Choice	5 Popcorn Chicken w/ Buttered Noodles Pepperoni & Cheese Pretzel Melt Peas Fruit Choice	6 Early Dismissal *No Lunch Service*
9 Orange Chicken over Rice Chicken Caesar Salad w/ Dinner Roll Steamed Broccoli Fruit Choice	10 Walking Tacos Turkey & Cheese Wrap w/ Lettuce & Tomato Corn Fruit Choice	11 Pancakes & Egg Omelettes Mini Corn Dogs Hash Brown Potato Fruit Choice	12 BBQ Pulled Pork Sandwich Taco Salad Baked Beans Fruit Choice	13 Early Dismissal *No Lunch Service*
16 Boneless wings *(Garlic Parm or Buffalo Sauce)* Mac & Cheese (V) Green Beans Fruit Choice	17 Cheeseburger Personal Pepperoni Pizza French Fries Fruit Choice	18 Early Dismissal *No Lunch Service*	19 Meatball Parm Sandwich Chicken Caesar Wrap Tater Tots Fruit Choice	20 Pizzeria Pizza Garden Salad w/ Hard Boiled Egg and Dinner Roll Veggie Patch Fruit Choice
23 Pepperoni & Cheese Pretzel Melt Crispy Chicken Wrap Veggie Patch Fruit Choice	24 Friendsgiving: Turkey & Mashed Potato Bowl w/ Corn Pizza Bagels Green Beans Fruit Choice	25 Early Dismissal *No Lunch Service*	26 Happy Thanksgiving	27 No School
30 Orange Chicken over Rice Turkey & Cheese Pretzel melt Steamed Mixed Veggies Fruit Choice	1 Chicken & Cheese Quesadilla w/ Yellow Rice Bacon Egg & Cheese on a Bagel w/ Hash Browns Corn Fruit Choice	2 Chicken Filet Sandwich Mini Corn Dogs French Fries Fruit Choice	3 Cheesesteak Chocolate Chip Waffles w/ Sausage Links Tater Tots Fruit Choice	4 Pizzeria Pizza Grilled Cheese w/ Cheezits Veggie Patch Fruit Choice

MAKE IT A MEAL!

Choose at least 3 of 5 meal components for the school lunch price: Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a lunch.

Lunch Prices

Student	$4.95
Adult	$5.50

Available Daily

-PB & J Uncrustable Craveable: *PB&J, String Cheese, Apple Slices, Goldfish*
-Cereal Meal: *Assorted Cereal Cup, Yogurt, Apple Slices, Gold Fish*
-Chicken Nuggets w/ Goldfish and daily fruit and vegetable choice (UNAVAILABLE ON FRIDAYS)

Fruit & Veggie Selection

Whole Fruit or Cupped Fruit
Veggie Patch: assorted cut vegetables

Students may choose two ½ cup servings.

Milk Selection

1% White, Fat Free Chocolate

Your Dining Services Team

Alison Peters, Food Service Director
Alison.Peters@metzcorp.com

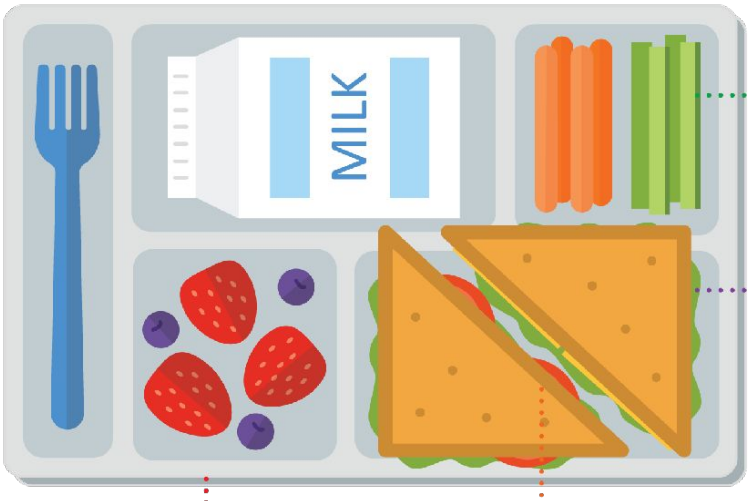
Phone:856-546-6166

Hannah Vail, Food Service Manager
Hannah.Vail@metzcorp.com

(V) Vegetarian | (VG) Vegan
(GF) Gluten-Free | (H) Halal

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES



MILK IS MIGHTY
Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!

GNAW ON RAW
Veggie Patch, salad, and cooked. Veggies have fiber for digestion

POWER UP WITH PROTEIN
Meat, cheese, eggs, yogurt, and peanut butter. Protein helps us grow!

WHOLE GRAINS = WHOLE PACKAGE
Bread, cereal, and crackers. Grains give us energy!

PURSUIT FOR FRUIT
Fresh, cupped, or 100% juice, fruit is nutrient-packed!

MAKE IT A MEAL!

Choose at least 3 of 5 meal components for the school lunch price:

Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum of ½ cup serving of fruit or vegetable must accompany a school lunch.

LUNCH PRICES

Student Lunch:	$4.95
Adult Lunch:	$5.50
Additional Entree:	$2.50

Meet Your nutritious friends

Quinoa is a seed, but it is classified and eaten as a whole grain. 1 cup of cooked Quinoa has 8.1 grams of Protein (contains all nine essential amino acids)



November is a time of gathering which will celebrate with a Friendsgiving meal. Our students will enjoy a Turkey Mashed Potato Bowls on Tuesday, Nov. 24th!

Alison Peters, Food Service Director alison.peters@metzcorp.com
Phone: 609-
Hannah Vail, Food Service Manager hannah.vail@metzcorp.com

NUTRI-SERVE FOOD MANAGEMENT, INC. by Metz