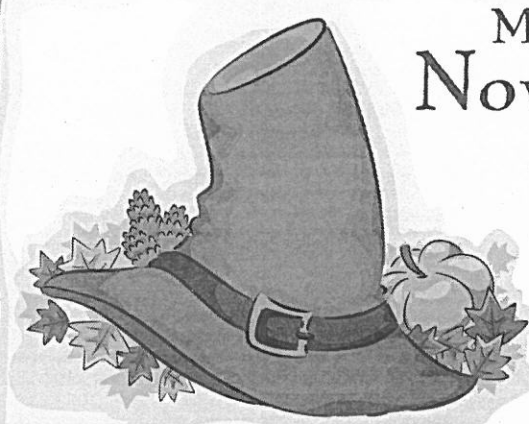


Blessed Sacramento School



Menus for November 2023

*This institution is an
equal opportunity
provider and employer.*

Wed., November 1

Lunch
-Popcorn Chicken with
Pretzel Bites & Queso
-Hamburger
-Chef Salad & Bosco Stick
-Deli Sandwich
Seasoned Green Beans
Craisins
Cold Milk

Thursday, November 2

Lunch
-Bosco Sticks & Sauce
-Hot Dog on Bun
-Caesar Salad & Bosco Stick
-Deli Sandwich
Fresh Broccoli
Chilled Peaches
Cold Milk

Friday, November 3

Lunch
-Soft Beef Tacos
-Fish Sticks and Cornbread
-Chef Salad & Bosco Stick
-Deli Sandwich
Fiesta Beans
Fresh Apple
Cold Milk



Monday, November 6

Lunch
-Sausage Pizza
-Corn Dog
-Popcorn Chicken Salad
-Deli Sandwich
Seasoned Carrots
Mixed Fruit
Cold Milk

Tuesday, November 7

Lunch
-French Toast Sticks &
Sausage
-Ham & Cheese Croissant
-Caesar Salad & Bosco Stick
-Deli Sandwich
Green Beans
Chilled Applesauce
Gogurt Yogurt
Cold Milk

Wed., November 8

Lunch
-Chicken Nuggets & Macaroni
-Meatball Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Steamed Broccoli
Frozen Juice Cup
Cold Milk

Thursday, November 9

**Parent/Teacher
Conferences
No School**

Friday, November 10

Thank You



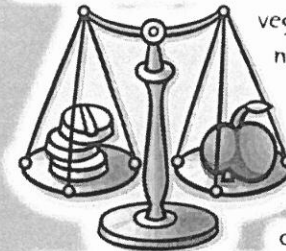
★VETERANS' DAY★
NOVEMBER 11

BALANCING ACT.

Should kids take a vitamin pill every day? Fussy eaters and kids who don't eat a lot of fruits,

veggies, and grains might need a daily vitamin.

But kids who eat a reasonably healthy and balanced diet probably don't need one. Ask your doctor.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**