



St. Alphonsus Catholic School
504 Jackson Avenue
Ocean Springs, MS 39564
PreK3 – 6th grade Menu



Nutrition Tip: Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals.

Reference: Eat Right

Monday

Tuesday

Wednesday

Thursday

Friday

Roast Beef Sandwich **2**
Carrot & Cucumber Salad
Pretzels
Pineapple
Milk

Beef Taco Salad **3**
Spanish Rice
Mango
Peanut Butter Cookie
Milk

Bacon, Egg, & Cheese **4**
Sandwich on English Muffin
Hashbrowns
Applesauce
Granola
Milk

Chicken Alfredo **5**
Green Beans
Garlic Breadstick
Peaches
Milk

Loaded Potato Soup **6**
Spinach Side Salad
Saltine Crackers
Orange
Milk

Grilled Chicken **9**
Sandwich
Veggie Sticks w/ Ranch
Goldfish Crackers
Apples
Milk

Chicken Taco Soup **10**
Romaine Side Salad
Tortilla Chips
Orange
Milk

Beef Tips w/ Noodles **11**
Roasted Carrots
Green Peas
Yeast Roll
Banana
Milk

Cheese or Pepperoni **12**
Pizza
Kale & Apple Salad
Banana
Chocolate Brownie
Milk

Chicken & Egg Roll **13**
Stir Fried Rice w/
Mixed Veggies
Shelled Edamame
Pineapple
Milk

Ham or Turkey & Cheese **16**
Croissant
Snow Peas
Pretzels
Apples
Milk

Steak Fajita Bowl **17**
Roasted Cauliflower
Black Beans & Corn
Mango
Milk

Sliced Turkey w/
Cranberry Sauce **18**
Green Bean Casserole
Mashed Potatoes w/ Gravy
Yeast Roll
Pumpkin Spice Cake
Milk

Cheese Ravioli Marinara **19**
Roasted Broccoli
Garlic Toast
Peaches
Milk

Chicken & Waffles **20**
Spinach Side Salad
Roasted Sweet Potatoes
Pears
Milk

THANKSGIVING BREAK 23
NO SCHOOL

THANKSGIVING BREAK 24
NO SCHOOL

THANKSGIVING BREAK 25
NO SCHOOL

THANKSGIVING BREAK 26
NO SCHOOL

THANKSGIVING BREAK 27
NO SCHOOL

Pigs In a Blanket **30**
Shelled Edamame
Goldfish Crackers
Pineapple
Milk

