

Holy Spirit November Featured Menu

Proudly Presented by Navin Bros. Food Service

Date	Navin Healthy Grade	Wraps, Salads, & More	From the Hot Line	Panini of the Day
Mon 11/1	NO SCHOOL			
Tues 11/2	Lean Quesadilla w/ Roasted Chicken & Fresh Veggies	Caprese Salad over Field Greens & Flatbread	Mac n' Cheese w/ a Breadstick	Ham & Cheese
Wed 11/3	Chicken a la Romano	Chicken Salad on a Wheat Wrap Italian Combo on a Ciabatta Roll	¼ lb. Grilled Cheeseburger General Tso's Chicken	Steak & Cheese
Thurs 11/4	Chicken in a Herb & Yogurt Sauce served w/ Grilled Vegetables & Brown Rice	Tuna Salad over Field Greens & Flatbread Turkey & Provolone on Multi Grain bread w/ a Cranberry Relish	Specialty Pizza BBQ Pulled Chicken Sandwich Served w/ Cole Slaw	Buffalo Chicken Cheesesteak
Fri 11/5	Whole Wheat Penne w/ Diced Tomato, Fresh Basil, Garlic & EV Olive Oil	Chipotle Chicken Wrap Island Salad Spring Mix, Glazed Walnuts, Craisons & Mandarin Oranges	Sausage, Onions & Peppers Stromboli 3-Cheese Ravioli w/ Garlic Bread	Italian Combo

In addition to the published featured menu, the following offerings are available on a daily basis:

Manager's Choice of Additional Hot Entrees, Sandwiches, and Other Prepared Foods
 Assorted Cold Salads, Wraps, & Sandwiches
 Low Fat Yogurt Parfaits with Fresh Fruit and Granola
 Fresh Sliced Fruit Cups as well as Whole Fruit
 Fresh Vegetables with Dipping Sauce
 Fresh Baked Goods

If you have a food allergy, please speak to the Cafeteria Manager.
 Menu Subject to Change.



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Mon 11/8	Chicken Stir Fry w/ Noodles & Sautéed Veggies	Antipasto Salad	Meatball Parmesan French Bread Pizza	Buffalo Chicken
Tues 11/9	Tuna or Tuna Leaf Lettuce Roll Up	Caesar Salad w/ Grilled Chicken Sweet Chili Pepper Chicken Wrap	Chicken Parm Stromboli Homestyle Chicken Sandwich on Kaiser	Chicken Cheddar & Bacon
Wed 11/10	Seasonal Fruits & Yogurts	Chef Salad Southwestern Wrap	Choice of Chicken or Beef Taco Salad Penne Pasta w/ Marinara or Chicken Alfredo and a Garlic Breadstick	BBQ Chicken
Thurs 11/11	EARLY DISMISSAL NO LUNCH			
Fri 11/12	Vegetarian Quesadilla	Tortellini Salad w/ Light Italian Dressing Italian Hoagie	Hot Tuscan Chicken Wrap Big Daddy's Pizza	Manager's Choice

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- Fresh Vegetables with Dipping Sauce
- Fresh Baked Goods

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Date	Navin Healthy Grade	Wraps, Salads, & More	From the Hot Line	Panini of the Day
Mon 11/15	Whole Wheat Pizza w/ Olive Oil, Fresh Broccoli & Low Fat Mozzarella	Roasted Chicken Open Faced Pita w/ Field Greens Roast Beef & Pepperjack w/ a Horseradish Dijon Sauce	Chicken Tenders 3 Ways (Frank's Red Hot, Honey Mustard & BBQ) Philly Cheesesteak	Meatball Parmesan
Tues 11/16	Lean Quesadilla w/ Roasted Chicken & Fresh Veggies	Caprese Salad over Field Greens & Flatbread	Mac n' Cheese w/ a Breadstick	Ham & Cheese
Wed 11/17	Chicken a la Romano	Chicken Salad on a Wheat Wrap Italian Combo on a Ciabatta Roll	¼ lb. Grilled Cheeseburger General Tso's Chicken	Steak & Cheese
Thurs 11/18	Chicken in a Herb & Yogurt Sauce served w/ Grilled Vegetables & Brown Rice	Tuna Salad over Field Greens & Flatbread Turkey & Provolone on Multi Grain bread w/ a Cranberry Relish	Specialty Pizza BBQ Pulled Chicken Sandwich Served w/ Cole Slaw	Buffalo Chicken Cheesesteak
Fri 11/19	Whole Wheat Penne w/ Diced Tomato, Fresh Basil, Garlic & EV Olive Oil	Chipotle Chicken Wrap Island Salad Spring Mix, Glazed Walnuts, Craisons & Mandarin Oranges	Sausage, Onions & Peppers Stromboli 3-Cheese Ravioli w/ Garlic Bread	Italian Combo

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Date	Navin Healthy Grade	Wraps, Salads, & More	From the Hot Line	Panini of the Day
Mon 11/22	Chicken Stir Fry w/ Noodles & Sautéed Veggies	Antipasto Salad	Meatball Parmesan French Bread Pizza	Buffalo Chicken
Tues 11/23	Tuna or Tuna Leaf Lettuce Roll Up	Caesar Salad w/ Grilled Chicken Sweet Chili Pepper Chicken Wrap	Chicken Parm Stromboli Homestyle Chicken Sandwich on Kaiser	Chicken Cheddar & Bacon
Wed 11/24	EARLY DISMISSAL NO LUNCH			
Thurs 11/25	NO SCHOOL			
Fri 11/26	NO SCHOOL			

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 Fresh Sliced Fruit Cups as well as Whole Fruit
 Fresh Vegetables with Dipping Sauce
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Date	Navin Healthy Grade	Wraps, Salads, & More	From the Hot Line	Panini of the Day
Mon 11/29	Whole Wheat Pizza w/ Olive Oil, Fresh Broccoli & Low Fat Mozzarella	Roasted Chicken Open Faced Pita w/ Field Greens Roast Beef & Pepperjack w/ a Horseradish Dijon Sauce	Chicken Tenders 3 Ways (Frank's Red Hot, Honey Mustard & BBQ) Philly Cheesesteak	Meatball Parmesan
Tues 11/30	Lean Quesadilla w/ Roasted Chicken & Fresh Veggies	Caprese Salad over Field Greens & Flatbread	Mac n' Cheese w/ a Breadstick	Ham & Cheese
Wed 12/1				
Thurs 12/2				
Fri 12/3				

Our Mission is offer the finest of healthy foods and beverages available at the lowest possible cost, prepared in a sanitary environment by the finest food service professionals in the area.



Navin Bros. Food Service exclusively offers products w/ zero trans fat.

If you have a food allergy, please speak with the cafeteria manager.

Please direct any questions or concerns regarding the food service program to jmnavin@navinbros.com. Your feedback is always appreciated

