OUR LADY OF MT. CARMEL
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# NOVEMBER 2026

## Archdiocese of New York Child Nutrition Program

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **2** Beef Meatballs with Marinara Sauce, Pasta Penne, Seasoned Chickpeas, Sautéed Spinach, Assorted Fruit, Choice of Milk | **3** Beef Tacos, Soft Flour Tortilla, Cheddar Cheese, Red Beans and Corn, Assorted Fruit, Choice of Milk | **4** Mozzarella Sticks, Rotini Pasta with Marinara Sauce, Steamed Broccoli, Sliced Zucchini, Assorted Fruit, Choice of Milk | **5** Crispy Chicken Sandwich on Whole Grain Bun, Vegetarian Baked Beans, Sweet Potato Fries, Assorted Fruit, Choice of Milk | **6** Bag Lunch Provided, 12:00 pm Dismissal |
| **9** French Toast Sticks & Syrup, Turkey Sausage, Sweet Potato Puffs (tots), Green Beans, Assorted Fruit, Choice of Milk | **10** Chicken Fajitas with Roasted Peppers, Cilantro Lime Rice, Corn and Black Beans, Assorted Fruit, Choice of Milk | **11** VETERANS DAY | **12** Beef Meatball Hero with Marinara Sauce, Waffle Fries, Sautéed Spinach, Assorted Fruit, Choice of Milk | **13** Sicilian Style Cheese Pizza, Baked French Fries, Chickpea Salad, Assorted Fruit, Choice of Milk |
| **16** Chicken Strips with Whole Grain Roll, Mashed Potatoes with Gravy, Roasted Zucchini, Assorted Fruit, Choice of Milk | **17** Beef Tacos on a Baked Tortilla, Cheddar Cheese, Red Beans and Corn, Assorted Fruit, Choice of Milk | **18** Bag Lunch Provided, 12:00 pm Dismissal | **19** Roasted Turkey, Mashed Potatoes with Gravy, Corn on the Cob, Cranberry Sauce, Assorted Fruit, Choice of Milk | **20** Sicilian Style Cheese Pizza, Sautéed Spinach, Assorted Fruit, Choice of Milk |
| **23** Grilled Cheese Sandwich, Roasted Carrots, French Fries, Assorted Fruit, Choice of Milk | **24** Chicken Quesadilla with Salsa, Black Beans, Assorted Fruit, Choice of Milk | **25** Bag Lunch Provided, 12:00 pm Dismissal, No Stay N' Play | **26** THANKSGIVING DAY | **27** THANKSGIVING DAY |
| **30** Chicken Nuggets with Dipping Sauce, Vegetable Fried Rice, Steamed Broccoli, Vegetable Egg Roll, Assorted Fruit, Choice of Milk | | | | |

# Lunch Menu

## Available Daily Items

Sun Butter & Jelly Sandwiches
American Cheese Sandwiches

All grains offered are whole grain.

### Choice of Milk Pre-K

1% White – 8 oz
Fat Free White – 8 oz

### Choice of Milk K-12

1% White – 8 oz
Whole White Milk – 8 oz
Fat Free Chocolate – 8 oz

This institution is an equal opportunity employer and provider.

Menu items are subject to change due to recent supply chain issues.