



October 2011 Elementary


www.schoolcafe.org

Breakfast served in participating schools. For more information, please contact your principal.

Monday	Tuesday	Wednesday	Thursday	Friday
Pancakes w Sausage or Sausage Biscuit Chilled Pears Grilled Chicken Strips w BBQ Sauce Potatoes in Cheese Sauce Chilled Tropical Fruit Italian Bread Crispy Fish on Bun---Pizza	Cinnamon Toast or Sausage Biscuit Buttered Grits, Orange Pk-2nd---Crispy Pork Tacos 3rd-8th---Pork Gordita Mexican Brown Rice* Shredded American Cheese Shredded Lettuce and Tomato Carrot/Celery Sticks Apple Sauce Honey Bun* Roast Beef PoBoy---Pizza---Strips	Sausage Biscuit or Dutch Waffle Crispy Potato Rounds Italian Lasagna* Tossed Salad Chilled Pears Garlic Wheat Roll* Chicken on Bun---Pizza---Strips	Breakfast Pizza or Sausage Biscuit Cheese Grits, Chilled Mixed Fruit Shrimp Etouffe* Fluffy Rice Fresh Broccoli/Cauliflower Florets Chilled Strawberries Garlic Wheat Roll* Iced Chocolate Cake Hot Dog on Bun---Pizza---Strips	Beignets or Dutch Waffle Buttered Grits, Chilled Peaches Hamburger on Wheat Bun Shredded Lettuce, Tomato & Pickle Chilled Pineapple French Fries Snow Cap Cookie Pizza
French Toast Stick w Sausage or Sausage Biscuit, Chilled Mixed Fruit	Grilled Ham & Cheese Triangle or Sausage Biscuit, Grits, Potato Rounds	Sausage Biscuit or Breakfast Pizza Orange	Scrambled Eggs, Cheese Grits, Toast or Sausage Biscuit, Chilled Peaches	

National School Lunch Week 2011- Let's Grow Healthy with Local Foods

Red Beans & Sausage Fluffy Rice Buttered Carrots* Chilled Tropical Fruit Corn Roll Hot Dog on Bun---Pizza---Strips	Wheat Spaghetti & Meatballs Italian Red Gravy Popeye Salad Seasoned Green Beans Garlic Wheat Roll Oatmeal Cookie Chicken on Bun---Pizza---Strips	Shrimp & Sausage Gumbo Fluffy Rice Potato Salad Chilled Pears French Bread Iced Fudge Brownie Ham PoBoy---Pizza---Strips	Chicken & Gravy Fluffy Rice Spinach w Cheese Chilled Peaches Wheat Roll Chocolate Chip Bar Cookie Hamburger on Bun---Pizza---Strips	SCHOOL CLOSED ST. CLETUS FAIR
SCHOOL CLOSED FAIR CLEAN UP	Cinnamon Toast or Sausage Biscuit Buttered Grits, Chilled Mixed Fruit Crispy Pork Taco Mexican Brown Rice* Shredded American Cheese Shredded Lettuce and Tomato Fresh Cucumber Slices Chilled Tropical Fruit Cinnamon Roll* Crispy Fish on Bun---Pizza---Strips	Sausage Biscuit or Dutch Waffle Crispy Potato Rounds Tomato Nutrition Day Italian Meatsauce* Wheat Spaghetti Caesar Salad* Chilled Applesauce Italian Bread* Pudding  Chicken on Bun---Pizza---Strips	Breakfast Pizza or Sausage Biscuit Cheese Grits, Orange Award Winning Chili w Beans Tossed Salad Chilled Pears Cornbread* Chocolate Cake* BBQ Rib Patty PoBoy---Pizza---Strips	Beignets or Dutch Waffle Buttered Grits, Chilled Peaches Baked, Crispy Chicken Smackers Mashed Potatoes with Gravy Chilled Pineapple with Cherries Sesame Wheat Roll* Deli Turkey PoBoy---Pizza
Pancake w Sausage or Sausage Biscuit Chilled Tropical Fruit Grilled Chicken Strips Tossed in Asain Sauce Fried Brown Rice* Steamed Carrots Chilled Mandarin Oranges Sesame Wheat Roll* BBQ Pork on Bun---Pizza	Grilled Ham & Cheese Triangle or Sausage Biscuit, Grits, Potato Rounds Crispy Pork Taco Arroz Integral con Queso* Shredded American Cheese Shredded Lettuce and Tomato Golden Corn* Chilled Peaches Honey Bun* CheeseBurger on Bun---Pizza---Strips	Sausage Biscuit or Breakfast Pizza Chilled Peaches Wheat Spaghetti & Meatballs Italian Red Gravy* Crisp Italian Salad* Seasoned Cauliflower Italian Bread* Rice Krispie Treat* Ham PoBoy---Pizza---Strips	Scrambled Eggs, Cheese Grits, Toast or Sausage Biscuit, Apple Shephard's Pie Seasoned Peas* Wheat Roll* Oatmeal Cookie* Beef Sliders on Bun---Pizza---Strips	Beignets or Dutch Waffle Buttered Grits, Chilled Mixed Fruit Baked, Crispy Fish Strips Wheat Rotini & Cheese* Seasoned Green Beans Pineapple w Cherries Southern Butter Wheat Roll* Italian Sausage PoBoy---Pizza---Strips

French Toast w Sausage or sausage Biscuit, Chilled Pineapple  Red Boo Beans & Scary Sausage Haunted Rice Bewitched Broccoli Chilling Applesauce Freaky French Bread* Crazy Cookie* Hot Dog on Bun---Pizza---Strips	October 10th-14th is National School Lunch Week Join us in the cafeteria this week for some school lunch favorites!	<p style="text-align: center;">Whole fresh fruit offered daily with lunch.</p> <p>* Denotes menu items that are prepared in the cafeteria. Many of these items are made from scratch using our own Archdiocese School Food Service recipes.</p> <p style="text-align: center;">Choice of milk is offered daily.</p> <p style="text-align: center;">Sandwiches are served with 3 fruit/vegetable servings and milk.</p> <p>Breakfast is also offers cereal. Breakfast served in participating schools. For more information, please contact your principal.</p>
--	--	--



October 31th is our



Join us October 19th for
 Tomato Nutrition Day!!
 Enjoy a juicy sample and fun

School lunches must meet
 recommendations of the Dietary

Halloween Celebration! We dare you to join us for a scary school lunch. Mummies are welcome!



Enjoy a juicy sample and fun tomato activities!

School Lunch
LET'S GROW HEALTHY
National School Lunch Week
October 10-14, 2011

Guideline for Americans.
No more than 30% of calories from fat and less than 10% from saturated fat averaged weekly.
Lunches contain 1/3 of the RDI of Calories, Protein, Vitamin A, Vitamin C, Iron, and Calcium.

School Name _____