

September 2011 Elementary

www.schoolcafe.org

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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>Choice of milk is offered daily.</p> <p>Sandwiches are served with 3 fruit/vegetable servings and milk.</p> <p>Breakfast also offers cereal. Breakfast served in participating schools. For more information, please contact your principal.</p>			<p>1 Scrambled Eggs, Cheese Grits, Toast or Sausage Biscuit, Chilled Peaches</p> <p>Baked Crispy Fish Strips Wheat Rotini & Cheese Seasoned Peas Pineapple w Cherries Southern Butter Wheat Roll</p> <p>Hamburger w/wo Cheese---Pizza</p>	<p>2 Beignets or Dutch Waffle Buttered Grits, Cinnamon Applesauce</p> <p>Grilled Ham & Cheese on Wheat Baked French Fries Pears w Cherries Sugar Cookie</p> <p>Pizza</p>
<p>5  Labor Day</p>	<p>6 Cinnamon Toast or Sausage Biscuit Buttered Grits, Chilled Mixed Fruit</p> <p>PK--2nd---Pepperoni Pizza 3rd--8th---Chicken Fajitas Mexican Brown Rice* Shredded American Cheese Shredded Lettuce & Tomato Fresh Cucumber Slices Chilled Tropical Fruit Cinnamon Roll*</p> <p>Baked Crispy Fish on Wheat---Pizza</p>	<p>7 Sausage Biscuit or Dutch Waffle Crispy Potato Rounds</p> <p>Italian Meatsauce* Wheat Spaghetti Caesar Salad* Chilled Applesauce Italian Bread* Pudding</p> <p>Deli Turkey PoBoy---Pizza</p>	<p>8 Breakfast Pizza or Sausage Biscuit Cheese Grits, Orange</p> <p>Award Winning Chili w Beans Tossed Salad Chilled Pears CornBread Iced Chocolate Cake</p> <p>Grilled Ham & Cheese on Wheat---Pizza</p>	<p>9 Beignets or Dutch Waffle Buttered Grits, Chilled Peaches</p> <p>Shrimp Etouffe* Fluffy Rice Spinach w Cheese Chilled Strawberries Garlic Wheat Roll*</p> <p>Hamburger---Chicken Strips---Pizza</p>
<p>12 Pancake w Sausage or Sausage Biscuit Chilled Tropical Fruit</p> <p>Grilled Chicken Strips Tossed in Asain Sauce Fried Brown Rice* Steamed Carrots Chilled Mandarin Oranges Sesame Wheat Roll*</p> <p>BBQ Pulled Pork on Wheat Bun---Pizza</p>	<p>13 Grilled Can Bacon & Cheese Triangle or Sausage Biscuit, Grits, Potato Rounds</p> <p>Crispy Pork Taco Arroz Integral con Queso* Shredded American Cheese Shredded Lettuce and Tomato Seasoned Corn* Chilled Peaches Cinnamon Stick*</p> <p>Hamburger w/wo Cheese ---Pizza</p>	<p>14 Sausage Biscuit or Breakfast Pizza Chilled Peaches</p> <p>Honey Dew Nutrition Day Wheat Spaghetti & Meatballs Italian Red Gravy* Crisp Italian Salad* Seasoned Cauliflower Italian Bread* Rice Krispie Treat*</p> <p></p> <p>Ham PoBoy---Pizza</p>	<p>15 Scrambled Eggs, Cheese Grits, Toast or Sausage Biscuit, Apple</p> <p>Chicken & Sausage Jambalaya Crisp Tossed Salad Chilled Pears Wheat Roll* Smartie Cookie</p> <p>Hot Dog w/wo Chili---Pizza</p>	<p>16 Beignets or Dutch Waffle Buttered Grits, Chilled Mixed Fruit</p> <p>Baked, Crispy Fish Strips Wheat Rotini & Cheese* Seasoned Green Beans Pineapple w Cherries Southern Butter Wheat Roll*</p> <p>Crispy Chicken on Wheat Bun---Pizza</p>
<p>19 French Toast Stick w/Sausage or Sausage Biscuit, Chilled Pineapple</p> <p>Red Beans & Sausage Fluffy Rice Steamed Broccoli Chilled Applesauce French Bread*</p> <p>Crispy Chicken on Wheat Bun---Pizza</p>	<p>20 Cinnamon Toast or Sausage Biscuit Buttered Grits, Chilled Strawberries</p> <p>PK--2nd---Pepperoni Pizza 3rd--8th---Chicken Fajitas Mexican Brown Rice* Shredded American Cheese Shredded Lettuce and Tomato Carrot/Celery Sticks Chilled Tropical Fruit Sugar Cookie*</p> <p>Hot Dog w/wo Chili---Pizza</p>	<p>21 Sausage Biscuit or Dutch Waffle Crispy Potato Rounds</p> <p>Shrimp Archie* Cream Sauce* with Wheat Rotini Popeye Salad Chilled Mixed Fruit Garlic Wheat Roll*</p> <p>Hamburger---Popcorn Chicken---Pizza</p>	<p>22 Breakfast Pizza or Sausage Biscuit Cheese Grits, Orange</p> <p>Western Day PK--2nd---Popcorn Chicken 3rd--8th---BBQ Chicken Dirty Rice* Baked Beans* Corn on the Cob Sesame Wheat Roll* Yellow Cake*</p> <p></p> <p>BBQ Riblet Sandwich---Pizza</p>	<p>23 Beignets or Dutch Waffle Buttered Grits, Chilled Peaches</p> <p>Shepherd's Pie Seasoned Peas* Wheat Roll* Iced Fudge Brownie*</p> <p>Crispy Fish on Wheat Bun---Pizza</p>
<p>26 Pancake Wrapped Sausage or Sausage Biscuit, Chilled Applesauce</p> <p>Baked Crispy Popcorn Chicken Tossed in General Tso OR S&S Sauce Fluffy Rice Stir-fry Vegetables* Chilled Mandarin Oranges Sesame Wheat Roll*</p> <p>Hamburger w/wo Cheese---Pizza</p>	<p>27 Grilled Can. Bacon & Cheese Triangle* or Sausage Biscuit, Grits, Potato Rounds</p> <p>Crispy Pork Taco Arroz Integral con Queso* Shredded American Cheese Shredded Lettuce and Tomato Seasoned Corn* Chilled Strawberries Cinnamon Roll*</p> <p>Beef Sliders on Buns---Pizza</p>	<p>28 Sausage Biscuit or Breakfast Pizza Apple</p> <p>Italian Meatsauce* Wheat Spaghetti Cucumber Slices Chilled Mixed Fruit Italian Bread* Chocolate Pudding w Sprinkles</p> <p>Deli Turkey PoBoy---Pizza</p>	<p>29 Scrambled Eggs, Cheese Grits, Toast or Sausage Biscuit, Chilled Tropical Fruit</p> <p>BIRTHDAY LUNCH</p> <p>Turkey & Sausage Gumbo Fluffy Rice Potato Salad Chilled Peaches French Bread Iced Fudge Brownie</p> <p>Crispy Fish on Wheat Bun---Pizza</p>	<p>30 Beignets or Dutch Waffle Buttered Grits, Chilled Peaches</p> <p>Sauteed Shrimp* Buttered Noodles* Seasoned Green Beans* Chilled Pineapple w Cherries Garlic Wheat Roll* Sugar Cookie</p> <p>Italian Sausage PoBoy---Pizza</p>

September 14th is



September 22nd is Western Day!

School lunches must meet recommendations of the Dietary

September 11th is
Honey Dew Nutrition Day!
Stop by the Nutrition Day
table for a delicious, juicy
sample!



Settle your spurs and get along lil' doggie to your school cafeteria! Join us for a
Western ho-down and a delicious meal fit for any cowboy or cowgirl! Kindly
leave horses at the door!

School Name _____



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.