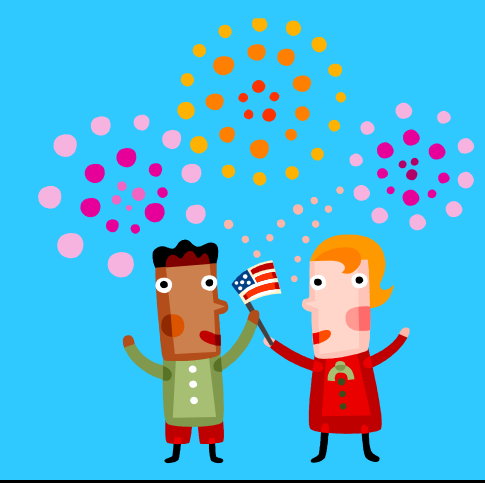


A HAPPY
NEW YEAR

January 2012 Elementary

www.schoolcafe.org



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

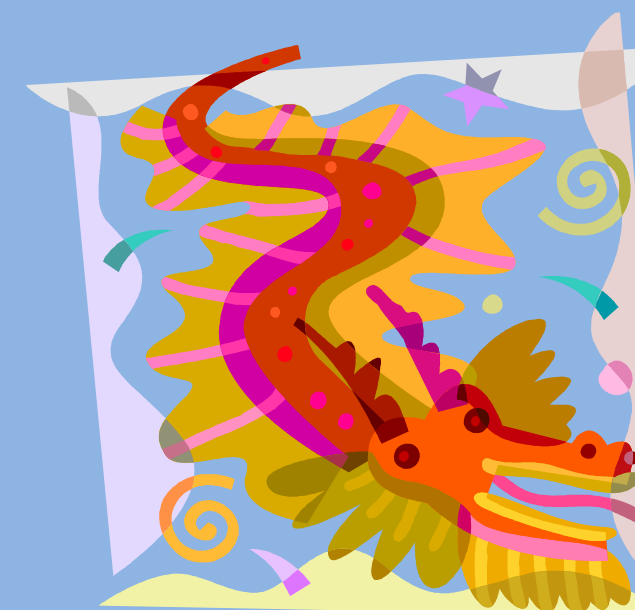
Monday	Tuesday	Wednesday	Thursday	Friday
2	3		5	6
			Scrambled Eggs, Cheese Grits, Toast or Sausage Biscuit, Chilled Tropical Fruit	Beignets or Dutch Waffle Buttered Grits, Cinnamon Applesauce
			Grilled Chicken Teriyaki Cheesy Mashed Potatoes Chilled Tropical Fruit Sesame Wheat Roll	Hamburger on Bun Crinkle Fries Pineapple w Cherries King Cake
			Grilled Cheese Sandwich---Pizza	Pizza
9	10	11	12	13
Pancake Wrapped Sausage or Sausage Biscuit, Chilled Pineapple	Cinnamon Toast or Sausage Biscuit Buttered Grits, Chilled Mixed Fruit	Sausage Biscuit or Dutch Waffle Crispy Potato Rounds	Breakfast Pizza or Sausage Biscuit Cheese Grits, Apple	Beignets or Dutch Waffle Buttered Grits, Chilled Pears
Red Beans w Sausage Fluffy Rice Steamed Vegetable Blend Chilled Mixed Fruit Corn Roll	Beef Taco* Shredded American Cheese Shredded Lettuce and Tomato Golden Corn* Chilled Pineapple King Cake	Chicken Alfredo* Cream Sauce* with Rotini Caesar Salad* Chilled Applesauce Italian Bread*	Roasted Chicken Potatoes in Cheese Sauce* Tossed Salad Garlic Wheat Roll* Iced Fudge Brownie*	Shrimp Etouffe Fluffy Rice Seasoned Spinach* Chilled Strawberries Garlic Wheat Roll*
Beef Sliders---Pizza---Chicken	Crispy Fish on Bun---Pizza---Chicken	Turkey PoBoy---Pizza---Chicken	BBQ Rib on Bun---Pizza---Chicken	Hamburger on Bun---Pizza---Chicken
16	17	18	19	20
	Grilled Ham & Cheese Triangle or Sausage Biscuit, Grits, Potato Rounds	Sausage Biscuit or Breakfast Pizza Chilled Applesauce	Scrambled Eggs, Cheese Grits, Toast or Sausage Biscuit, Apple	Beignets or Dutch Waffle Buttered Grits, Chilled Mixed Fruit
Martin Luther King, Jr. Day	Crispy Pork Taco Shredded American Cheese Shredded Lettuce and Tomato Golden Corn* Chilled Applesauce King Cake	Brussels Sprouts Nutrition Day Wheat Spaghetti & Meatballs Italian Red Gravy* Crisp Italian Salad* Chilled Tropical Fruit Italian Bread* 	BIRTHDAY LUNCH Chicken & Sausage Gumbo Fluffy Rice Potato Salad Chilled Mixed Fruit Garlic French Bread Iced Fudge Brownie	Baked Crispy Chicken Strips Baked Crinkle Fries Seasoned Peas Sesame Wheat Roll Chocolate Chip Cookie*
	Hamburger on Bun---Pizza---Chicken	Ham PoBoy---Pizza---Chicken	Chicken on Bun---Pizza---Chicken	Italian Sausage PoBoy---Pizza
23	24	25	26	27
Waffle w Sausage or Sausage Biscuit Chilled Pineapple	Cinnamon Toast or Sausage Biscuit Buttered Grits, Chilled Strawberries	Sausage Patty Biscuit Sandwich Crispy Potato Rounds	Breakfast Pizza or Sausage Biscuit Cheese Grits, Apple	Beignets or Dutch Waffle Buttered Grits, Chilled Mixed Fruit
Chinese New Year Baked, Crispy Chicken Smackers Fried Brown Rice* Stirfry Veggies Mandarin Oranges Sesame Wheat Roll* Fortune Cookie 	Soft Chicken Taco Shredded American Cheese Shredded Lettuce and Tomato Carrot/Celery Sticks Chilled Tropical Fruit King Cake	Pepperoni Pizza Popeye Salad Golden Corn Sugar Cookie	BBQ Chicken Brown Rice-a-Roni* Fresh Broccoli/Cauliflower Florets Chilled Mixed Fruit Sesame Wheat Roll*	Turkey & Sausage Gumbo* Fluffy Rice Potato Salad Chilled Pears French Bread*
Beef Sliders---Pizza	Hot Dog on Bun---Pizza---Chicken	Chicken on Bun---Chicken Strips	Grilled Cheese---Pizza---Chicken	Crispy Fish on Bun---Pizza---Chicken
30	31	<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>		
Pancake Wrapped Sausage or Sausage Biscuit, Chilled Applesauce	Grilled Ham & Cheese Triangle or Sausage Biscuit, Grits, Potato Rounds			
Red Beans & Sausage Fluffy Rice Steamed Broccoli Chilled Applesauce French Bread*	Pepperoni Pizza Golden Corn* Chilled Strawberries King Cake			
Chicken on Bun---Pizza---Chicken	Crispy Fish Strips---Popcorn Chicken			

January 18th is Brussels
Sprouts Nutrition Day!
Stop by the nutrition day
table for a yummy sample
and fun activities!



January 16th is
Martin Luther King, Jr. Day!

January 23rd is our Chinese
New Year Celebration with a
delicious theme meal!



ST CLETUS CAFETERIA

School lunches must meet
recommendations of the Dietary
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.