



November 2011 Elementary Lunch

www.schoolcafe.org



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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cinnamon Toast or Sausage Biscuit Buttered Grits, Chilled Strawberries	2 Sausage Biscuit or Dutch Waffle Crispy Potato Rounds	3 Breakfast Pizza or Sausage Biscuit Cheese Grits, Apple	4 Beignets or Dutch Waffle Buttered Grits, Chilled Peaches
	Shrimp Archie w Cream Sauce & Rotini or Shrimp Etouffe w Rice or Shrimp & Sausage Gumbo w Rice Seasoned Peas Chilled Mixed Fruit Wheat Roll Iced Fudge Brownie	Italian Lasagna* Popeye Salad Seasoned Green Beans* Garlic Wheat Roll*	Baked, Crispy Chicken Strips Brown Rice-a-Roni* Fresh Broccoli/Cauliflower Florets Chilled Peaches Sesame Wheat Roll*	Hot Dog on Bun w/wo Chili French Fries Apple Snow Cap Cookie
	Hot Dog on Bun---Pizza---Strips	Crispy Fish on Bun---Pizza---Strips	Grilled Ham & Cheese Sandwich---Pizza	Pizza
7 Pancake Wrapped Sausage or Sausage Biscuit, Chilled Applesauce	8 Grilled Ham & Cheese Triangle or Sausage Biscuit, Grits, Potato Rounds	9 Sausage Biscuit or Breakfast Pizza Banana	10 Scrambled Eggs, Cheese Grits, Toast or Sausage Biscuit, Chilled Tropical Fruit	11 Beignets or Dutch Waffle Buttered Grits, Chilled Pears
Baked, Crispy Chicken Smackers Baked Crinkle Fries Mandarin Oranges Sesame Wheat Roll* Rice Krispie Treat	Crispy Pork Taco Arroz Integral con Queso* Shredded American Cheese Shredded Lettuce and Tomato Golden Corn* Chilled Strawberries Cinnamon Roll*	Italian Meatsauce* Wheat Spaghetti Cucumber Slices Chilled Pears Italian Bread* 	VETERANS DAY LUNCH Shrimp Etouffe w Rice Seasoned Green Beans* Chilled Pineapple w Cherries Garlic French Bread Red White & Blue Cake	Breaded Fish Fillet Potatoes in Cheese Sauce Garden Salad Wheat Roll Pudding w Sprinkles
Beef Sliders---Pizza	Crispy Fish on Bun---Pizza---Strips	Turkey PoBoy---Pizza---Strips	Hamburger on Bun---Pizza---Strips	Chicken on Bun---Pizza---Strips
14 Pancake with Sausage or Sausage Biscuit Chilled Pears	15 Cinnamon Toast or Sausage Biscuit Buttered Grits, Orange	16 Sausage Biscuit or Dutch Waffle Crispy Potato Rounds	17 Breakfast Pizza or Sausage Biscuit Cheese Grits, Chilled Mixed Fruit	18 Beignets or Dutch Waffle Buttered Grits, Chilled Applesauce
Red Beans with Sausage Fluffy Rice Steamed Broccoli Chilled Mixed Fruit Corn Roll Oatmeal Cookie	Pepperoni Pizza Carrot/Celery Sticks Chilled Apple Sauce Honey Bun*	Wheat Spaghetti & Meatballs Italian Red Gravy* Tossed Salad Chilled Pears Garlic Wheat Roll*	Turkey Roast w Rice & Gravy Glazed Carrots Seasoned Green Beans* Wheat Roll* Iced Chocolate Cake*	Shrimp & Sausage Gumbo* Fluffy Rice* Potato Salad Chilled Tropical Fruit French Bread*
Chicken on Bun---Pizza---Strips	Roast Beef PoBoy---Strips	Hot Dog on Bun---Pizza---Strips	Italian Sausage PoBoy---Pizza---Strips	BBQ Pork on Bun---Pizza---Strips
21 SCHOOL CLOSED HAPPY THANKSGIVING	22 SCHOOL CLOSED HAPPY THANKSGIVING	23 	24 	25
28 Pancake Wrapped Sausage or Sausage Biscuit, Chilled Pineapple	29 Cinnamon Toast or Sausage Biscuit Buttered Grits, Chilled Mixed Fruit	30 Sausage Biscuit or Dutch Waffle Crispy Potato Rounds	Whole fresh fruit is offered daily with lunch. * 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. A variety of milk choices are offered daily. Sandwiches are served with 3 fruit/vegetable servings and milk. Breakfast also offers cereal. Breakfast served in participating schools. For more information, please contact your principal.	
Red Beans with Sausage Fluffy Rice Steamed Vegetable Blend Chilled Tropical fruit Corn Roll	Crispy Beef Tacos Shredded American Cheese Shredded Lettuce & Tomato Golden Corn* Chilled Pineapple Cinnamon Roll*	Chicken Alfredo* Cream Sauce* with Rotini Caesar Salad* Chilled Applesauce Italian Bread*		
Beef Sliders---Pizza---Strips	Crispy Fish on Bun---Pizza---Strips	Turkey PoBoy---Pizza---Strips		



School lunches must meet recommendations of the Dietary



Join us November 17th for
our delicious Thanksgiving
Feast!

November 9th is Apple Nutrition Day! Stop by the Nutrition Day table for a crisp
juicy sample and fun activities!!



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 _____