



# October 2011 Elementary


www.schoolcafe.org

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Waffle, Sausage Links Chilled Pears  Grilled Chicken Strips w BBQ Sauce Potatoes in Cheese Sauce Chilled Tropical Fruit Italian Bread	4 Cinnamon Toast*& Buttered Grits*, Fresh Fruit  Pork Gordita Crispy Pork Taco for < 2nd grade Mexican Brown Rice* Shredded American Cheese Shredded Lettuce and Tomato Carrot/Celery Sticks Apple Sauce Honey Bun*  Baked Potatoe Bar	5 Sausage Patty Biscuit Sandwich Crispy Potato Rounds  Italian Rotini Bake* Tossed Salad Chilled Pears Garlic Wheat Roll*	6 Breakfast Pizza ,Cheese Grits*, Chilled Mixed Fruit  Shrimp Etouffe* Fluffy Rice Fresh Broccoli Florets Chilled Strawberries Garlic Wheat Roll* Jell-O	7 No School
10 No School	11 No School	12 Sausage Patty Biscuit Sandwich Fresh Fruit	13 Scrambled Eggs*, Toast w Jelly, Buttered Grits, Chilled Peaches	14 Dutch Waffle, Cinnamon Applesauce

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

		Wheat Spaghetti & Meatballs Italian Red Gravy* Garden Salad Seasoned Green Beans* Garlic Wheat Roll* Oatmeal Cookie*	Shrimp & Sausage Gumbo* Fluffy Rice Potato Salad* Chilled Pears French Bread* Iced Fudge Brownie*	Chicken & Gravy* Fluffy Rice Seasoned Spinach* Chilled Peaches Wheat Roll* Jell-O
17 Pancake Wrapped Sausage Chilled Pineapple  Baked, Crispy Fish Strips Wheat Rotini & Cheese* White Beans* OR Seasoned Peas* Pineapple w Cherries Southern Butter Wheat Roll*	18 Cinnamon Toast*& Buttered Grits*, Chilled, Chilled Mixed Fruit  Crispy Pork Taco Mexican Brown Rice* Shredded American Cheese Shredded Lettuce and Tomato Fresh Cucumber Slices Chilled Tropical Fruit Cinnamon Roll*  Pre Plated Salad	19 Sausage Patty Biscuit Sandwich Crispy Potato Rounds  Italian Meatsauce* Wheat Spaghetti Caesar Salad* Chilled Applesauce Italian Bread* Pudding	20 Breakfast Pizza ,Cheese Grits*, Fresh Fruit  Chili w Beans* Tossed Salad Chilled Pears Cornbread* Chocolate Cake*	21 Dutch Waffle, Chilled Peaches  Baked, Crispy Chicken Smackers Mashed Potatoes with Gravy Chilled Pineapple with Cherries Sesame Wheat Roll*
24 Pancake OR Waffle, Sausage Links Chilled Tropical Fruit  Grilled Chicken Strips Tossed in Asain Sauce Fried Brown Rice* Steamed Carrots Chilled Mandarin Oranges Sesame Wheat Roll*	25 Grilled Ham & Cheese Triangle* Crispy Potato Rounds  Crispy Pork Taco Arroz Integral con Queso* Shredded American Cheese Shredded Lettuce and Tomato Golden Corn* Chilled Peaches Honey Bun*  Hamburger on Wheat Bun	26 Sausage Patty Biscuit Sandwich Chilled Peaches  Turkey and Cheese Pobby Lettuce Cup Carrit Sticks Chocolate Chip Cookie	27 Scrambled Eggs*, Toast w Jelly, Buttered Grits, Fresh Fruit  Shepherd's Pie* Seasoned Peas* Wheat Roll* Oatmeal Cookie*	28 Beignets*, Chilled Mixed Fruit (Grits*OROatmeal*-optional w bkfst)  Baked, Crispy Fish Strips Wheat Rotini & Cheese* Seasoned Green Beans* Pineapple w Cherries Southern Butter Wheat Roll*

<p>31 French Toast Stick, Sausage Links Chilled Pineapple   White Boo Beans &amp; Scary Sausage* Haunted Rice Bewitched Broccoli Chilling Applesauce Freaky French Bread* Crazed Cookie*</p>	<p>October 10th-14th is National School Lunch Week</p> <p>Join us in the cafeteria this week for some school lunch favorites!</p>	<p><b>Whole fresh fruit offered daily with lunch.</b></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 is also offers cereal. Breakfast served in participating schools. For more information, please contact your principal.</p>
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October 29th is our Halloween Celebration! We dare you to join us for a scary school lunch. Mummies are welcome!



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



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.

School Name \_\_\_\_\_