






# November 2011 Elementary School Lunch

www.schoolcafe.org



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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Sausage Patty, Buttered Grits*, Toast, Chilled Pears  Soft Chicken Taco* Mexican Brown Rice* Shredded American Cheese Shredded Lettuce and Tomato Carrot Sticks Chilled Tropical Fruit Cinnamon Stick*  Hotdog on wheat bun	2 Sausage Patty, Biscuit Crispy Potato Rounds  Italian Rotini Bake* Popeye Salad Seasoned Green Beans* Garlic Wheat Roll*	3 Breakfast Pizza ,Cheese Grits*, Fresh Fruit  Baked, Crispy Chicken Strips Brown Rice-a-Roni* Fresh Broccoli/Cauliflower Florets Chilled Peaches Sesame Wheat Roll*	4 Dutch Waffle, Chilled Peaches  Shrimp Archie* Cream Sauce* with Rotini Seasoned Peas* Chilled Mixed Fruit Wheat Roll* Iced Fudge Brownie*
	7 Pancake Wrapped Sausage Chilled Applesauce  Baked, Crispy Chicken Smackers Baked Crinkle Fries Mandarin Oranges Sesame Wheat Roll* Pudding w Sprinkles	8 Grld Ham&Cheese* Buttered Grits*, Potato Rounds  Crispy Pork Taco Shredded American Cheese Shredded Lettuce and Tomato Golden Corn* Chilled Strawberries Cinnamon Roll*  Baked Potatoe Bar	9 Sausage Patty, Biscuit or Bagel Fresh Fruit  <b>Apple Nutrition Day</b> Italian Meatsauce* Wheat Spaghetti Cucumber Slices Chilled Pears Italian Bread*  	10 Scrambled Eggs*,Buttered Grits*, Chilled Tropical Fruit  Breaded Fish Fillet Potatoes in Cheese Sauce* Garden Salad Wheat Roll* Rice Krispie Treat*
14 Pancake OR Waffle, Sausage Links Chilled Pears  Red Beans & Sausage* Fluffy Rice Buttered Carrots* Chilled Peaches Corn Roll*	17 Sausage Patty, Buttered Grits*, Toast, Fresh Fruit  Pizza Carrot Sticks Apple Sauce Honey Bun*  Pre-Plated Salad	16 Sausage Patty, Biscuit Crispy Potato Rounds  Wheat Spaghetti & Meatballs Italian Red Gravy* Tossed Salad Chilled Pears Garlic Wheat Roll*	17 Breakfast Pizza ,Cheese Grits*, Chilled Mixed Fruit Thanksgiving Feast Turkey Roast w Gravy* Fluffy Rice Candied Sweet Potatoes* Seasoned Green Beans* Wheat Roll* Iced Chocolate Cake*	18 Beignets*, Chilled Peaches  Shrimp & Sausage Gumbo* Fluffy Rice* Potato Salad* or Garden Salad Chilled Tropical Fruit French Bread* Oatmeal Cookie*
21	22	23		
28 Pancake Wrapped Sausage Chilled Pineapple  White Beans with Sausage* Fluffy Rice Steamed Vegetable Blend Chilled Peaches Cornbread*	29 Sausage Patty, Buttered Grits*, Chilled Mixed Fruit  Beef Taco* Shredded American Cheese Shredded Lettuce and Tomato Golden Corn* Chilled Pineapple Cinnamon Roll*  Beef Silders	30 Sausage Patty, Biscuit Crispy Potato Rounds  Chicken Alfredo* Cream Sauce* with Rotini Caesar Salad* Chilled Applesauce Italian Bread*	Whole fresh fruit 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 is 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.	



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!!

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

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.