




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</p> <p>Scrambled Eggs*, Toast w Jelly, Chilled Peaches</p> <p>Sausage & Turkey Gumbo* Fluffy Rice Potato Salad* Chilled Pears French Bread* Iced Fudge Brownie*</p>	<p>2</p> <p>Dutch Waffle, Cinnamon Applesauce</p> <p>Baked, Crispy Fish Strips Wheat Rotini & Cheese* Seasoned Peas* Pineapple w Cherries Southern Butter Wheat Roll*</p>
<p>5</p> <p>Labor Day</p> 	<p>No School</p>	<p>6</p> <p>Sausage Patty Biscuit Sandwich Crispy Potato Rounds</p> <p>Meatballs and Wheat Spaghetti Caesar Salad* Chilled Applesauce Italian Bread* Pudding</p>	<p>7</p> <p>Breakfast Pizza ,Cheese Grits*, Fresh Fruit</p> <p>Award Winning Chili w Beans Tossed Salad Chilled Pears Cornbread Chocolate Cake</p>	<p>8</p> <p>Beignets, Chilled Peaches</p> <p>Shrimp Etouffe* Fluffy Rice Seasoned Spinach* Chilled Strawberries Garlic Wheat Roll*</p>
<p>12</p> <p>Pancake OR Waffle, Sausage Links 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>13</p> <p>Grilled Can.Bacon & Cheese Triangle* Crispy 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>Pre-Plated Salad</p>	<p>14</p> <p>Sausage Patty Biscuit Sandwich Chilled Peaches</p> <p>Honey Dew Nutrition Day</p> <p>Italian Meatsauce* Wheat Spaghetti Crisp Italian Salad* Seasoned Cauliflower Italian Bread* Rice & Corn Tortat*</p> 	<p>15</p> <p>Scrambled Eggs*, Toast w Jelly, Buttered Grits Fresh Fruit</p> <p>Chicken Saucepicante* w Rice Crisp Tossed Salad Chilled Pears Wheat Roll* Jell-O</p>	<p>16</p> <p>Dutch Waffle, Chilled Mixed Fruit</p> <p>Baked, Crispy Fish Strips Wheat Rotini & Cheese* Seasoned Green Beans* Pineapple w Cherries Southern Butter Wheat Roll*</p>
<p>19</p> <p>French Toast Stick, Sausage Links Chilled Pineapple</p> <p>White Beans & Sausage* Fluffy Rice Steamed Broccoli Chilled Applesauce French Bread*</p>	<p>20</p> <p>Cinnamon Toast*& Buttered Grits*, Chilled Strawberries</p> <p>Chicken Fajitas* Mexican Brown Rice* Shredded American Cheese Shredded Lettuce and Tomato Carrot/Celery Sticks Chilled Tropical Fruit Sugar Cookie*</p> <p>Potatoe Bar</p>	<p>21</p> <p>Sausage Patty Biscuit Sandwich Crispy Potato Rounds</p> <p>Shrimp Archie* Cream Sauce* with Wheat Rotini Popeye Salad Chilled Mixed Fruit Garlic Wheat Roll*</p>	<p>22</p> <p>Breakfast Pizza ,Cheese Grits*, Fresh Fruit</p> <p>Western Day</p> <p>BBQ Chicken* Chicken Smackers for >2nd grade only Dirty Rice* Baked Beans* Corn on the Cob Sesame Wheat Roll* Yellow Cake*</p> 	<p>23</p> <p>Beignets, Chilled Peaches</p> <p>Salisbury Steak* with Mashed Potatoes Seasoned Peas* Wheat Roll* Iced Fudge Brownie*</p>
<p>26</p> <p>Pancake Wrapped Sausage Chilled Applesauce</p> <p>Baked, Crispy Chicken Smackers Sweet and Sour Sauce Fluffy Rice Stir-fry Vegetables* Chilled Mandarin Oranges Sesame Wheat Roll*</p>	<p>27</p> <p>Grilled Can.Bacon & Cheese Triangle* Buttered Grits Crispy 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>Pre-Plated Salad</p>	<p>28</p> <p>No Breakfast</p> <p>Brunch for Lunch Biscuits Sausage Patty Scrambled Eggs Crispy Hashbrowns Chilled Mixed Fruit</p>	<p>29</p> <p>Scrambled Eggs*, Toast w Jelly, Chilled Tropical Fruit</p> <p>Turkey Roast in Gravy Fluffy Rice Garden Salad Chilled Peaches Wheat Roll</p>	<p>30</p> <p>Dutch Waffle, Chilled Pears</p> <p>Sauteed Shrimp* Buttered Noodles* Seasoned Green Beans* Chilled Pineapple w Cherries Garlic Wheat Roll* Jell-O</p>

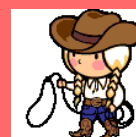
September 14th is
Honey Dew Nutrition Day!
Stop by the Nutrition Day
table for a delicious, juicy
sample!



September 22nd is Western Day!

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 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 _____