

# August '10 Elementary Breakfast & Lunch Options



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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pancake w Syrup, Sausage Links Chilled Mandarin Oranges  Chicken Smackers Cheesy Mashed Potatoes* Seasoned Green Peas* Wheat Roll* Pudding w Sprinkles  Hamburger on Bun w/wo Cheese	3 Grilled Can.Bacon & Cheese Triangle* Crispy Potato Rounds (Buttered Grits*-optional w/breakfast) Crispy Pork Taco Mozzarella and American Cheese Shredded Lettuce and Tomato Seasoned Corn* Cinnamon Stick*  Pizza	4 Sausage Patty, Biscuit OR Toast, Fresh Apple Wedges  Spaghetti & Meatballs Italian Red Gravy* Crisp Caesar Salad Chilled Pears with Cherries Italian Bread*  Deli Turkey on Sliced Bread or Poboy	5 Scrambled Eggs*, Cheese Grits*, Chilled Peaches (Toast w Jelly-optional w breakfast) Mini Corn Dogs Baked Beans* Fresh Apple Wedges Chocolate Chip Cookie*  Grilled Cheese Sandwich*	6 Beignets* OR Donuts (choice), Cinnamon Applesauce (Grits*OROatmeal*-optional w bkfst) Shrimp Poppers Macaroni and Cheese* Seasoned Green Beans* Chilled Peaches Southern Butter Wheat Roll*  Breaded Chicken Patty on Bun
9 Waffle w Syrup Sausage Links Chilled Pineapple  Red/White Beans & Sausage* Fluffy Rice Buttered Carrots* Chilled Tropical Fruit Cornbread* or Corn Roll*  Chicken Nugget Basket	10 Cinnamon Toast*& Buttered Grits*, Chilled Strawberries  Mexican Pizza Crisp Garden Salad Cinnamon Applesauce Ernie Cookie*  Two-fer on Bun	11 Sausage Patty, Biscuit OR Eng. Muffin Crispy Potato Rounds  Hotdog on Bun Chili w/o Beans* Seasoned Corn* Fresh Orange Wedges Yellow Cake with Vanilla Icing*  Hamburger on Bun w/wo Cheese	12 Scrambled Eggs*,Toast w Jelly, Fresh Orange Wedges (Cheese Grits*- optional w/ breakfast) Baked Chicken* Chicken Strips (Younger Children) Dirty Rice* Crisp Tossed Salad Chilled Mixed Fruit Sesame Seeded Roll*  Grilled Can.Bacon&Cheese Sandwich*	13 Beignets* OR Donuts (choice), Chilled Mixed Fruit (Grits*OROatmeal*-optional w bkfst) Breaded Pork Chop Potatoes in Cheese Sauce* Chilled Mandarin Oranges Cheese Bread* Fudge Brownie*  Fish Strip Basket
16 French Toast Stick w Syrup, Sausage Links, Chilled Tropical Fruit  Chicken Strips Cheesy Broccoli* Chilled Peaches Garlic Roll* Oatmeal Cookie*  Hamburger on Bun w/wo Cheese	17 Grilled Can.Bacon & Cheese Triangle* Crispy Potato Rounds (Buttered Grits*-optional w/breakfast) Beef and Bean Burrito w/wo Cheese Sauce* Brd Chicken Patty on Bun (Younger) Crisp Green Salad or Lett/Tom/Pickle Chilled Strawberries Cinnamon Roll*  Breaded Chicken Patty on Bun	18 Sausage Patty, Biscuit OR Toast Chilled Applesauce  Italian Meatsauce* Pasta Crisp Italian Salad Chilled Pears Chilled Strawberries Italian Bread*  Deli Turkey on Sliced Bread or Poboy	19 Scrambled Eggs*, Cheese Grits*, Fresh Banana (Toast w Jelly-optional w breakfast)  Student Choice Day	20 Beignets* OR Donuts (choice), Chilled Peaches (Grits*OROatmeal*-optional w bkfst) Breaded Beef Strips Mashed Potatoes* w Gravy Seasoned Corn* Wheat Roll* Yellow Banana Cake*  BBQ Pulled Pork on Bun
23 Pancake Wrapped Sausage w Syrup Chilled Pears  Red/White Beans & Sausage* Fluffy Rice Steamed Broccoli Chilled Applesauce Cornbread* or Corn Roll*  Chicken Strip Basket	24 Cinnamon Toast*& Buttered Grits*, Chilled Strawberries  Crispy Pork Taco Mozzarella and American Cheese Shredded Lettuce and Tomato Chilled Peaches Honey Bun*  Two-fer on Bun	25 Sausage Patty, Biscuit OR Eng. Muffin Crispy Potato Rounds  Spaghetti & Meatballs Italian Red Gravy* Crisp Garden Salad Chilled Mixed Fruit Garlic Roll* Jell-O  Chicken Smacker Basket	26 Scrambled Eggs*, Toast w Jelly, Fresh Apple Wedges (Cheese Grits*- optional w/ breakfast) Hamburger on Bun w/wo Cheese Lettuce/Tomato/Pickle Cup French Fries or Potato Rounds Almond Cookie*  Pizza	27 Beignets* OR Donuts (choice), Chilled Mixed Fruit (Grits*OROatmeal*-optional w bkfst) Fish Strips Macaroni & Cheese* Green Beans OR White Beans* Pineapple w Cherries French Bread*  Grilled Can.Bacon&Cheese Sandwich*
30 Pancake w Syrup, Sausage Links Chilled Mandarin Oranges  Chicken Strips Mashed Potatoes* w Gravy Chilled Tropical Fruit Cheese Bread*  Hamburger on Bun w/wo cheese	31 Grilled Can.Bacon & Cheese Triangle* Crispy Potato Rounds (Buttered Grits*-optional w/breakfast) Crispy Beef Taco* Mozzarella and American Cheese Shredded Lettuce and Tomato Seasoned Corn* Cinnamon Stick *  Chicken Smacker Basket	<p><b>* 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.</b></p>  <p>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 Protein, Vitamin A, Vitamin C, Iron, and Calcium.</p>		

Check Out Our Website At: [www.schoolcafe.org](http://www.schoolcafe.org)

Note: Menus are subject to change without notice.

Schools with one serving line can have a sandwich entrée only once a week, however it cannot replace a commodity meal.

Sandwiches are served with 2 fruit/vegetables and milk. Choice of milk is offered daily. Breakfast also offers cereal.

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