

August '10 High School 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 Potatoes* Seasoned Peas* Wheat Roll* Pudding w Sprinkles OR Chocolate Cream Pie* Hamburger on Bun w/wo Cheese	3 Breakfast Burrito*, Buttered Grits* Crispy Potato Rounds Crispy Pork Taco Mexican Rice* Mozzarella and American Cheese Shredded Lettuce and Tomato Seasoned Corn* Cinnamon Stick* Pizza	4 Sausage Patty, Biscuit OR Bagel Fresh Apple Wedges Spaghetti & Meatballs Italian Red Gravy* Crisp Caesar Salad Chilled Pears with Cherries Italian Bread* Deli Turkey Poboy w/wo Cheese	5 Scrambled Eggs*, Cheese Grits*, Toast w Jelly, Peaches Chicken Saucepicante* Fluffy Rice Spinach in Cheese Sauce* Fresh Apple French Bread* Chocolate Chip Cookie* Grilled Cheese Sandwich*	6 Beignets* OR Donuts (choice), Grits* OR Oatmeal* (choice), Cinnamon Applesauce Shrimp Poppers Macaroni and Cheese* Seasoned Green Beans* Chilled Peaches Southern Butter Wheat Roll* Grilled/Breaded Chicken Patty on Bun
9 Waffle w Syrup Sausage Links Chilled Pineapple Red/White Beans w Sausage* Fluffy Rice Buttered Carrots* Tropical Fruit Cornbread* or Corn Roll* Meatball Poboy w/wo Cheese	10 Yogurt & Granola* OR Cinnamon Toast* & Buttered Grits*, Chilled Strawberries Chicken Strip Gordita Arroz con Queso* Mozzarella and American Cheese Shredded Lettuce and Tomato Cinnamon Applesauce Ernie Cookie* Hotdog on Bun w/wo chili* OR Corn dog	11 Sausage Patty, Biscuit OR Eng. Muffin Crispy Potato Rounds Lasagna* Italian Green Beans* Fresh Orange Wedges Garlic Wheat Roll* Yellow Cake with Vanilla Icing* Hamburger on Bun w/wo cheese	12 Scrambled Eggs*, Cheese Grits*, Toast w Jelly, Fresh Orange Wedges Baked OR Fried Chicken* Dirty Rice* Crisp Tossed Salad Chilled Mixed Fruit Sesame Seeded Roll* Grilled Can. Bacon & Cheese Sandwich*	13 Beignets* OR Donuts (choice), Grits* OR Oatmeal* (choice), Chilled Mixed Fruit 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 Grld Can. Bacon & Cheese (1/2 OR Full)* Buttered Grits*, Potato Rounds Beef and Bean Burrito Acadianne Rice* w/wo Cheese Sauce* Crisp Green Salad Chilled Strawberries Cinnamon Roll* Grilled/Breaded Chicken Patty on Bun	18 Sausage Patty, Biscuit or Bagel Chilled Applesauce Veal or Chicken Parmesan Buttered Noodles Crisp Italian Salad Chilled Pears Chilled Strawberries Italian Bread* Deli Turkey Poboy w/wo Cheese	19 Scrambled Eggs*, Cheese Grits*, Toast w Jelly, Fresh Banana Student Choice Pizza	20 Beignets* OR Donuts (choice), Grits* OR Oatmeal* (choice), Chilled Peaches 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* Fluffy Rice Steamed Broccoli Chilled Applesauce Cornbread* or Corn Roll* Chicken Strip Poboy	24 Cinnamon Toast* & Buttered Grits*, Chilled Strawberries Crispy Pork Taco Mexican Rice* 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*, Cheese Grits*, Toast w Jelly, Fresh Apple Wedges Chicken Teriyaki Fried Rice* Crisp Green Salad Chilled Mandarin Oranges Southern Butter Wheat Roll Fortune Cookie OR Almond Cookie* Pizza	27 Beignets* OR Donuts (choice), Grits* OR Oatmeal* (choice), Chilled Mixed Fruit Breaded Catfish* 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 Breakfast Burrito*, Buttered Grits* Crispy Potato Rounds Crispy Beef Taco* Arroz con Queso* Mozzarella and American Cheese Shredded Lettuce and Tomato Seasoned Corn* Cinnamon Stick* Chicken Smacker Basket	<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>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>		

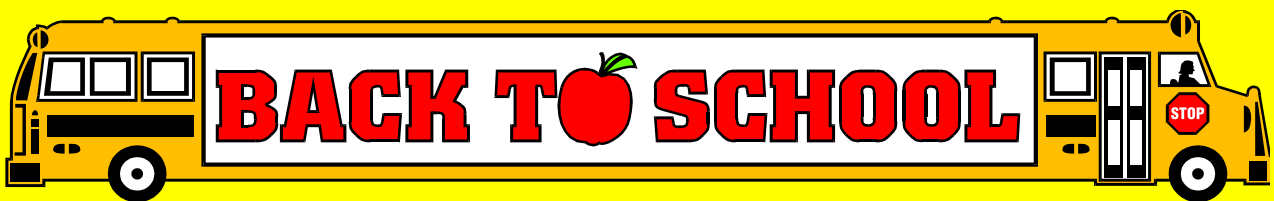
Check Out Our Website At: www.schoolcafe.org

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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High School School Name _____