



November '10 Elementary Breakfast** & Lunch Options

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Waffle w Syrup Sausage Links Chilled Pineapple Grilled Can.Bacon& Cheese Sandwich* Baked Crinkle Fries Chilled Tropical Fruit Chocolate Chip Cookie* Hamburger on Bun w/wo Cheese	2 Cinnamon Toast*& Buttered Grits*, Chilled Strawberries Crispy Pork Taco Mozzarella and American Cheese Shredded Lettuce and Tomato Chilled Mixed Fruit Cinnamon Stick* Two-fer on Bun	3 Sausage Patty Biscuit Sandwich Crispy Potato Rounds Italian Meatsauce* Pasta Italian Green Beans* Fresh Orange Wedges Italian Bread* Breaded Chicken Patty on Bun	4 Scrambled Eggs*,Toast w Jelly, Fresh Orange Wedges (Cheese Grits*- optional w/ breakfast) BBQ Chicken* Chicken Strips (Younger Children) Toni's Rice-a-Roni* Seasoned Baked Beans* Crisp Caesar Salad Cheese Bread* Hot Dog on Bun w/wo Chili	5 Beignets*, Chilled Mixed Fruit (Grits*OROatmeal*-optional w bkfst) Breaded Pork Chop Potatoes in Cheese Sauce* Chilled Applesauce Garlic French Bread* Pudding with Sprinkles Chicken Nugget Basket
8 French Toast Stick w Syrup, Sausage Links, Chilled Tropical Fruit Breaded Chicken Patty on Bun w/wo American Cheese Slice Lettuce, Tomato, and Pickle Baked Potato Rounds Rice Krispie Treat* Ham w/wo Cheese on Sliced Bread OR Poboy	9 Grilled Can.Bacon & Cheese Triangle* Crispy Potato Rounds (Buttered Grits*-optional w/breakfast) Student Choice Day	10 Sausage Patty Biscuit Sandwich Fresh Apple Wedges Satsuma Nutrition Day Spaghetti & Meatballs Italian Red Gravy* Crisp Garden Salad Chilled Pears  Cheese Bread* Shrimp Popper Basket w Cheese Brd	11 Scrambled Eggs*, Cheese Grits*, Chilled Applesauce (Toast w Jelly-optional w breakfast) Chicken and Sausage Gumbo* OR Chicken Saucepicante* Fluffy Rice Potato Salad* OR Green Salad* Apple Wedges, French Bread* Fudge Brownie* Hamburger on Bun w/wo Cheese	12 Smuckers 2.8 oz PB&J, Chilled Peache (Grits*OROatmeal*-optional w bkfst) Crispy Fish Strips Macaroni & Cheese* Green Beans OR White Beans* Pineapple w Cherries Wheat Roll* Chicken Smacker Basket with Roll
15 Pancake Wrapped Sausage w Syrup Chilled Pears Red/White Beans & Sausage* Fluffy Rice Steamed Broccoli Chilled Applesauce Cornbread* OR Corn Roll* Smuckers 4.8oz PB&J Sandwich	16 Cinnamon Toast*& Buttered Grits*, Fresh Banana Mexican Pizza OR Seasoned Beef* Nachos w/wo Cheese Sauce* Seasoned Corn* Tossed Salad Cinnamon Roll* Hot Dog on Bun w/wo Chili	17 Sausage Patty Biscuit Sandwich Crispy Potato Rounds Hamburger on Bun w/wo Cheese w/wo American Cheese Slice Lettuce, Tomato, and Pickle Baked Potato Smiles Banana Cake* or Iced Yellow Cake* Chicken Strip Basket with Roll	18 Scrambled Eggs*, Toast w Jelly, Chilled Mixed Fruit, (Cheese Grits-Opt) Thanksgiving Feast Turkey with Gravy* Fluffy Rice OR Cornbrd Dressing* Sweet Potatoes OR Carrots Broccoli w Cheese or Garden Salad Wheat Roll* Ice Cream Cup Two-Fer on Bun	19 Beignets*, Chilled Strawberries (Grits*OROatmeal*-optional w bkfst) New Orleans Chicken Fluffy Rice Steamed Cauliflower Chilled Mandarin Oranges Sesame Seeded Bread* Fortune Cookie or Sugar Cookie* Fish Patty on Bun
22 Pancake w Syrup, Sausage Links Chilled Mandarin Oranges Crispy Chicken Strips Mashed Potatoes* w Gravy Chilled Peaches Southern Butter Wheat Roll Hamburger on Bun w/wo Cheese	23 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* Honey Bun* Chicken Smacker Basket with Roll	24 Sausage Patty Biscuit Sandwich Fresh Apple Wedges Pizza Crisp Caesar Salad Chilled Pears Oatmeal Cookie* Mini Corndogs	 * 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.	
29 Waffle w Syrup Sausage Links Chilled Pineapple Grilled Can.Bacon& Cheese Sandwich* Baked Crinkle Fries Chilled Tropical Fruit Chocolate Chip Cookie* Hamburger on Bun w/wo Cheese	30 Cinnamon Toast*& Buttered Grits*, Chilled Strawberries Crispy Pork Taco Mozzarella and American Cheese Shredded Lettuce and Tomato Chilled Mixed Fruit Cinnamon Stick* Two-fer on Bun	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.		



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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November is Student Choice Day! You choose what's for lunch!



School Name _____

November 18th is our Thanksgiving Celebration Feast! Join us for a delicious Turkey Dinner!



November 10th is Satsuma Nutrition Day! Stop by our Nutrition Day table for a juicy, nutritious sample and fun-filled activities!