



# November '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
1 Waffle w Syrup SausageLinks Chilled Pineapple  Red/White Beans & Sausage* Fluffy Rice Buttered Carrots* Chilled Tropical Fruit Cornbread* OR Corn Roll* Chocolate Chip Cookie* Hamburger on Bun w/wo Cheese	2 Sausage Patty, Buttered Grits*, Toast, Chilled Strawberries  Crispy Pork Taco Acadianne Rice* Mozzarella and American Cheese Shredded Lettuce and Tomato Chilled Mixed Fruit Cinnamon Cinnamon Stick* Two-fers on Buns	3 English Muffin with Canadian Bacon and Cheese, Crispy Potato Rounds  Italian Meatsauce* Pasta Italian Green Beans* Fresh Orange Italian Bread*  Grilled/Breaded Chicken Patty on Bun	4 Scrambled Eggs*,Cheese Grits*, Toast w Jelly, Fresh Orange Wedges  BBQ Chicken* Toni's Rice-a-Roni* Seasoned Baked Beans* Crisp Caesar Salad Cheese Bread*  Hotdog onBunw/wo chili* ORCorndog	5 Beignets*, Grits OR Oatmeal (choice) Chilled Mixed Fruit  Breaded Pork Chop Potatoes in Cheese Sauce* Chilled Applesauce Garlic French Bread* Pudding with Sprinkles*  Meatball Poboy w/wo Cheese
8 French Toast Stick w syrup, Sausage Links, Chilled Tropical Fruit  Chicken Smackers w/wo General Tso Fried Rice* OR Dirty Rice* Stir-fry Veggies* Mandarin Oranges Southern Butter Wheat Roll* Rice Krispie Treat* Ham Poboy w/wo Cheese	9 GridCan.Bacon&Cheese(1/2ORFull)* Buttered Grits*, Potato Rounds  <b>Student Choice Day</b>	10 Sausage Patty, Biscuit or Bagel Fresh Apple  <b>Satsuma Nutrition Day</b> Spaghetti & Meatballs Italian Red Gravy* Crisp Garden Salad Chilled Pears Cheese Bread*  Shrimp Popper and Cheese Poboy OR Shrimp Popper Basket w Cheese Brd	11 Scrambled Eggs*,Cheese Grits*, Toast w Jelly, Applesauce  Chicken Saucepicante* Fluffy Rice Potato Salad* OR Crisp Green Salad Fresh Apple, French Bread* Iced Fudge Brownie*  Hamburger on Bun w/wo Cheese	12 Smuckers 2.8 oz PB&J,Grits* OR Oatmeal* (choice), Chilled Peaches  Crispy Catfish 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* Roast Beef Poboy w/wo Cheese	16 Cinnamon Toast* & Buttered Grits*, Fresh Banana Mexican Pizza OR Seasoned Beef* Nachos w/wo Cheese Sauce* Arroz con Queso* Seasoned Corn Tossed Salad Cinnamon Roll* Hotdog onBunw/wo chili*ORCorndog	17 English Muffin with Canadian Bacon and Cheese, Crispy Potato Rounds  Lasagna* Italian Salad Chilled Mixed Fruit Garlic French Bread* Banana Cake* OR Iced Yellow Cake*  Chicken Strip Basket with Garlic Brd	18 Scrambled Eggs*, Toast w Jelly, Chilled Mixed Fruit, (Cheese Grits-Opt)  <b>Thanksgiving Feast</b> Turkey with Gravy* Fluffy Rice OR Cornbrd Dressing* Sweet Potatoes OR Carrots Broccoli w Cheese or Garden Salad Wheat Roll* Ice Cream Cup Hamburger on Bun w/wo Cheese	19 Beignets*, Grits OR Oatmeal (choice) Chilled Strawberries  New Orleans Chicken Fluffy Rice Steamed Cauliflower Chilled Mandarin Oranges Sesame Seeded Roll Fortune Cookie or Almond Cookie Fish Patty on Bun w/wo Cheese
22 Pancake w Syrup, Sausage Links Chilled Mandarin Oranges  Crispy Chicken Smackers Cheesy Mashed Potatoes* Seasoned Green Peas* Wheat Roll* Chocolate Pudding with Sprinkles Hamburger on Bun w/wo Cheese	23 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	24 Sausage Patty, Biscuit OR Bagel Chilled Peaches  Spaghetti & Meatballs Italian Red Gravy* Crisp Caesar Salad Fresh Apple Italian Bread*  Deli Turkey Poboy w/wo Cheese	25 <b>Thanksgiving</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.
29 Waffle w Syrup SausageLinks Chilled Pineapple  Red/White Beans & Sausage* Fluffy Rice Buttered Carrots* Chilled Tropical Fruit Cornbread* or Corn Roll* Meatball Poboy w/wo Cheese	30 Sausage Patty, Buttered Grits*, Toast, Chilled Strawberries  Chicken Strip Gordita Arroz con Queso* Mozzarella and American Cheese Shredded Lettuce and Tomato Cinnamon Applesauce Ernie Cookie* Hotdog onBunw/wo chili* ORCorndog	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](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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November 9th is Student  
Choice Day! You choose  
what's for lunch!



High 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!