



October '10 Elementary Breakfast** & Lunch Options



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

Monday	Tuesday	Wednesday	Thursday	Friday
<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>				
Breaded Chicken Patty on Bun				
4 Waffle w Syrup Sausage Links Chilled Pineapple Red/White Beans & Sausage* Fluffy Rice Buttered Carrots* Chilled Tropical Fruit Cornbread* or Corn Roll*	5 Cinnamon Toast* & Buttered Grits*, Chilled Strawberries Mexican Pizza Crisp Garden Salad Cinnamon Applesauce Ernie Cookie*	6 Sausage Patty Biscuit Sandwich Crispy Potato Rounds Hotdog on Bun Chili w/o Beans* Baked Potato Rounds Fresh Orange Wedges Iced Chocolate Cake*	7 Scrambled Eggs*, Toast w Jelly, Fresh Orange Wedges (Cheese Grits*- optional w/ breakfast) Baked Chicken* Chicken Strips (Younger Children) Dirty Rice* Crisp Tossed Salad Corn on the Cob Sesame Seeded Bread*	8 Donuts, Cinnamon Applesauce (Grits*OR oatmeal*- optional w bkfst) Shrimp Poppers Macaroni and Cheese* Seasoned Green Beans* Chilled Peaches Southern Butter Wheat Roll*
11 French Toast Stick w Syrup, Sausage Links, Chilled Tropical Fruit Two-fers on Buns w/wo American Cheese Slice Lettuce, Tomato, and Pickle Baked Crinkle Fries Rice Krispie Treat*	12 Grilled Can. Bacon & Cheese Triangle* Crispy Potato Rounds (Grits-optional) Crispy Pork Taco Mozzarella and American Cheese Shredded Lettuce and Tomato Chilled Strawberries Cinnamon Roll*	13 Sausage Patty Biscuit Sandwich Fresh Apple Wedges Italian Meatsauce* Pasta Crisp Italian Salad Chilled Pears Italian Bread* Ham w/wo Cheese on Sliced Bread OR Poboy	14 Scrambled Eggs*, Cheese Grits*, (Chilled Applesauce, (Toast-optional) New Orleans Chicken Fluffy Rice Stir-fry Vegetable Blend Fresh Apple Wedges Garlic French Bread* Fortune Cookie or Almond Cookie*	15 Smuckers 2.8oz PB&J, Chilled Peaches (Grits*OR oatmeal*- optional w bkfst) Breaded Beef Strips Mashed Potatoes* w Gravy OR Shepherd's Pie w Mshd Potatoes Seasoned Peas* Wheat Roll*
18 Pancake Wrapped Sausage w Syrup Chilled Pears Red/White Beans & Sausage* Fluffy Rice Steamed Broccoli Chilled Applesauce Cornbread* or Corn Roll*	19 Cinnamon Toast* & Buttered Grits*, Fresh Banana Hamburger on Bun w/wo American Cheese Slice Lettuce, Tomato, and Pickle Baked Potato Smiles Iced Fudge Brownie*	20 Sausage Patty Biscuit Sandwich Crispy Potato Rounds Nutrition Day- Honey Dew Spaghetti & Meatballs Italian Red Gravy* Crisp Garden Salad Chilled Mixed Fruit Garlic Roll*  Banana Cake* OR Iced Yellow Cake* Grilled Cheese	21 Scrambled Eggs*, Toast w Jelly, Chilled Strawberries (Cheese Grits*- optional w/ breakfast) Student Choice Day	22 Beignets*, Chilled Mixed Fruit (Grits*OR oatmeal*- optional w bkfst) Crispy Fish Strips Macaroni & Cheese* Green Beans OR White Beans* Pineapple w Cherries French Bread* Jell-O
25 Pancake w Syrup, Sausage Links Chilled Mandarin Oranges Crispy Chicken Strips Mashed Potatoes* w Gravy Chilled Peaches Southern Butter Wheat Roll	26 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*	27 Sausage Patty Biscuit Sandwich Fresh Apple Wedges Pizza Crisp Caesar Salad Chilled Pears Oatmeal Cookie*	28 Scrambled Eggs*, Cheese Grits*, Chilled Peaches (Toast w Jelly- optional w breakfast) Brunch for Lunch Scrambled Eggs*, Biscuit OR Pancakes, Saus. Patty, Potato Rnds, Apple Wdgs OR Chicken Nuggets, Potato Rounds, Apple Wedges, Wheat Roll*	29 Donuts, Cinnamon Applesauce (Grits*OR oatmeal*- optional w bkfst) Halloween Hot Dog on Bun Bones Beef Chili  Scary Smiles Baked Potato Fries Boogiemans Baked Beans Coffin Cookie

October 21st is Student Choice Day! You choose what's for lunch!



Elementary School Name: _____



October 29th is our Halloween Celebration! We dare you to join us for a scary school lunch. Mummies are welcome!



October 11th-15th is National School Lunch Week! What's on your tray everyday says a lot about you! Discover what your favorite foods and activities reveal about you. Visit the official website: www.whatsonyourtray.org to take a food personality quiz and to learn more about school lunch!



October 20th is Honeydew Nutrition Day! Come by the Nutrition Day Table for a delicious a sample and fun activities! Honey, don't miss the honeydew!