



October '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
<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>		<p>Donuts,Grits* OR Oatmeal* (choice), Cinnamon Applesauce</p> <p>Shrimp Poppers Macaroni and Cheese* Seasoned Green Beans* Chilled Peaches Southern Butter Wheat Roll*</p>
Grilled/Breaded Chicken Patty on Bun				
<p>Waffle w Syrup SausageLinks Chilled Pineapple</p> <p>Red/White Beans & Sausage* Fluffy Rice Buttered Carrots* Chilled Tropical Fruit Cornbread* or Corn Roll*</p> <p>Meatball Poboy w/wo Cheese</p>	<p>Sausage Patty, Buttered Grits*, Toast, Chilled Strawberries</p> <p>Chicken Strip Gordita Arroz con Queso* Mozzarella and American Cheese Shredded Lettuce and Tomato Cinnamon Applesauce Ernie Cookie*</p> <p>Hotdog onBunw/wo chili* ORCornog</p>	<p>English Muffin with Canadian Bacon and Cheese, Crispy Potato Rounds</p> <p>Veal or Chicken Parmesan Buttered Noodles Italian Green Beans* Fresh Orange Garlic Wheat Roll* Iced Chocolate Cake*</p> <p>Hamburger on Bun w/wo Cheese</p>	<p>Scrambled Eggs*,Cheese Grits*, Toast w Jelly, Fresh Orange Wedges</p> <p>Baked or Fried Chicken* Dirty Rice* Crisp Tossed Salad Seasoned Corn* Sesame Seeded Roll*</p> <p>Grilled Can.Bacon&Cheese Sandwich*</p>	<p>Beignets*, Grits OR Oatmeal (choice) Chilled Mixed Fruit</p> <p>Breaded Pork Chop Parslied Potatoes* Chilled Mixed Fruit Cheese Bread* Vanilla Pudding with Sprinkles</p> <p>Fish Strip Basket with Cheese Bread</p>
<p>French Toast Stick w syrup, Sausage Links, Chilled Tropical Fruit</p> <p>Chicken Nuggets Toni's Rice-a-Roni* Spinach in Cheese Sauce* Tropical Fruit Rice Krispie Treat*</p> <p>Two-fers on Buns</p>	<p>GridCan.Bacon&Cheese(1/2ORFull)* Buttered Grits*, Potato Rounds</p> <p>Crispy Pork Taco Acadianne Rice* Mozzarella and American Cheese Shredded Lettuce and Tomato Chilled Strawberries Cinnamon Roll*</p> <p>Grilled/Breaded Chicken Patty on Bun</p>	<p>Sausage Patty, Biscuit or Bagel Fresh Apple Wedges</p> <p>Italian Meatsauce* Pasta Crisp Italian Salad Chilled Pears Italian Bread*</p> <p>Ham Poboy w/wo Cheese</p>	<p>Scrambled Eggs*,Cheese Grits*, Toast w Jelly, Chilled Applesauce</p> <p>New Orleans Chicken Fluffy Rice* Stir-fry Veggies Fresh Apple Garlic French Bread* Fortune Cookie or Almond Cookie*</p> <p>Hamburger on Bun w/wo Cheese</p>	<p>Smuckers 2.8oz PB&J, Grits* OR Oatmeal* (choice), Chilled Peaches</p> <p>Breaded Beef Strips Mashed Potatoes* w Gravy OR Shepherd's Pie w Mshd Potatoes Seasoned Peas* Wheat Roll*</p> <p>BBQ Pulled Pork on Bun</p>
National School Lunch Week 2010- What's your food personality?				
<p>Pancake Wrapped Sausage w Syrup Chilled Pears</p> <p>Red/White Beans & Sausage* Fluffy Rice Steamed Broccoli Chilled Applesauce Cornbread* OR Corn Roll*</p> <p>Chicken Strip Basket with Roll OR Chicken Strip Poboy w/wo Cheese</p>	<p>Sausage Patty, Buttered Grits*, Toast, Fresh Banana</p> <p>Beef and Bean Burrito w/wo Cheese Sauce* Mexican Rice* Crisp Tossed Salad Chilled Peaches Iced Fudge Brownie*</p> <p>Pizza</p>	<p>English Muffin with Canadian Bacon and Cheese, Crispy Potato Rounds</p> <p>Nutrition Day- Honey Dew</p> <p>Spaghetti & Meatballs Italian Red Gravy* Crisp Garden Salad Chilled Mixed Fruit Garlic Roll* </p> <p>Banana Cake* OR Iced Yellow Cake* Grilled Cheese</p>	<p>Scrambled Eggs*,Cheese Grits*, Toast w Jelly, Chilled Strawberries</p> <p>Student Choice Day</p>	<p>Beignets*, Grits OR Oatmeal (choice) Chilled Mixed Fruit</p> <p>Crispy Fish Strips Macaroni & Cheese* Green Beans OR White Beans* Pineapple w Cherries French Bread* Jell-O</p> <p>Hamburger on Bun w/wo Cheese</p>
<p>Pancake w Syrup, Sausage Links Chilled Mandarin Oranges</p> <p>Crispy Chicken Strips Mashed Potatoes* w Gravy Chilled Peaches Southern Butter Wheat Roll*</p> <p>Hamburger on Bun w/wo Cheese</p>	<p>Breakfast Burrito*, Buttered Grits* Crispy Potato Rounds</p> <p>Crispy Beef Taco* Arroz con Queso* Mozzarella and American Cheese Shredded Lettuce and Tomato Seasoned Corn* Honey Bun*</p> <p>Chicken Smacker Basket with Roll</p>	<p>Sausage Patty, Biscuit OR Bagel Fresh Apple Wedges</p> <p>Veal or Chicken Parmesan Buttered Noodles Crisp Caesar Salad Chilled Pears Wheat Roll* Oatmeal Cookie*</p> <p>Deli Turkey Poboy w/wo Cheese</p>	<p>Scrambled Eggs*,Cheese Grits*, Toast w Jelly, Peaches</p> <p>Chicken and Sausage Gumbo* OR Fluffy Rice Potato Salad* OR Crisp Green Salad Fresh Apple French Bread*</p> <p>Fish Patty on Bun</p>	<p>Donuts,Grits* OR Oatmeal* (choice) Cinnamon Applesauce</p> <p>Chilling Chicken Teriyaki Freaky Fried Rice* </p> <p>Scary Steamed Vegetable Blend Monster Mandarin Oranges Spooky Southern Wheat Roll* Happy Halloween Cookie*</p> <p>Hotdog on Bun w/wo Chili OR Crndog</p>

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



High 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!