

# September '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>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>1                      Sausage Patty Biscuit Sandwich                      Fresh Apple Wedges</p> <p>Pizza                      Crisp Green Salad                      Chilled Pears                      Oatmeal Cookie*</p> <p>Mini Corndogs</p>	<p>2                      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*                      Fish Patty on Bun</p>	<p>3                      Donuts, Cinnamon Applesauce                      (Grits*OROatmeal*-optional w bkfst)</p> <p>Chicken Teriyaki                      Fried Rice*                      Steamed Vegetable Blend                      Chilled Mandarin Oranges                      Southern Butter Wheat Roll*                      Fortune Cookie or Ernie Cookie*                      Deli Turkey on Sliced Bread or Poboy</p>
		<p>6                      Waffle w Syrup Sausage Links                      Chilled Pineapple</p> <p>Grilled Can.Bacon&amp; Cheese Sandwich*                      Baked Crinkle Fries                      Chilled Tropical Fruit                      Chocolate Chip Cookie*</p> <p>Hamburger on Bun w/wo Cheese</p>	<p>7                      Cinnamon Toast*&amp; Buttered Grits*,                      Chilled Strawberries</p> <p>Crispy Pork Taco                      Mozzarella and American Cheese                      Shredded Lettuce and Tomato                      Chilled Mixed Fruit                      Cinnamon Stick*</p> <p>Two-fer on Bun</p>	<p>8                      Sausage Patty Biscuit Sandwich                      Crispy Potato Rounds</p> <p>Student Choice</p>
<p>13                      French Toast Stick w Syrup,                      Sausage Links, Chilled Tropical Fruit</p> <p>Breaded Chicken Patty on Bun                      w/wo American Cheese Slice                      Lettuce, Tomato, and Pickle                      Baked Potato Rounds                      Rice Krispie Treat*</p> <p>Deli Turkey on Sliced Bread or Poboy</p>	<p>14                      Grilled Can.Bacon &amp; Cheese Triangle*                      Crispy Potato Rounds                      (Buttered Grits*-optional w/breakfast)                      Beef and Bean Burrito                      w/wo Cheese Sauce*                      Chicken Strips (Younger)                      Crisp Tossed Salad or Lett/Tom/Pickle                      Chilled Strawberries                      Jell-O</p> <p>BBQ Pulled Pork on Bun</p>	<p>15                      Sausage Patty Biscuit Sandwich                      Fresh Apple Wedges</p> <p>Nutrition Day- Blueberry                      Spaghetti &amp; Meatballs                      Italian Red Gravy*                      Crisp Garden Salad                      Chilled Pears                      Cheese Bread* </p> <p>Shrimp Popper Basket w Cheese Brd*</p>	<p>16                      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*</p> <p>Hamburger on Bun w/wo Cheese</p>	<p>17                      Smuckers 2.8ozPB&amp;J, ChilledPeaches                      (Grits*OROatmeal*-optional w bkfst)</p> <p>Crispy Fish Strips                      Macaroni &amp; Cheese*                      Green Beans OR White Beans*                      Pineapple w Cherries                      Wheat Roll*</p> <p>Chicken Smacker Basket with Roll</p>
<p>20                      Pancake Wrapped Sausage w Syrup                      Chilled Pears</p> <p>Red/White Beans &amp; Sausage*                      Fluffy Rice                      Steamed Broccoli                      Chilled Applesauce                      Cornbread* OR Corn Roll*</p> <p>Smuckers 4.8oz PB&amp;J Sandwich</p>	<p>21                      Cinnamon Toast*&amp; Buttered Grits*,                      Fresh Banana</p> <p>Mexican Pizza OR                      Seasoned Beef* Nachos                      w/wo Cheese Sauce*                      Seasoned Corn*                      Tossed Salad                      Cinnamon Roll*                      Hot Dog on Bun w/wo Chili*</p>	<p>22                      Sausage Patty Biscuit Sandwich                      Crispy Potato Rounds</p> <p>Hamburger on Bun w/wo Cheese                      w/wo American Cheese Slice                      Lettuce, Tomato, and Pickle                      Baked Potato Smiles                      Banana Cake* or Iced Yellow Cake*</p> <p>Chicken Strip Basket with Roll</p>	<p>23                      Scrambled Eggs*, Toast w Jelly,                      Chilled Mixed Fruit                      (Cheese Grits*- optional w/ breakfast)                      Chicken Noodle Soup* (Diced Chx)                      Grilled Cheese Sandwich*                      Garden Salad                      Chilled Strawberries</p> <p>Two-fer on Bun</p>	<p>24                      Beignets*, Chilled Strawberries                      (Grits*OROatmeal*-optional w bkfst)</p> <p>New Orleans Chicken                      Fluffy Rice                      Steamed Cauliflower                      Chilled Mandarin Oranges                      Sesame Seeded Bread*                      Fortune Cookie or Sugar Cookie*                      Fish Patty on Bun</p>
<p>27                      Pancake w Syrup, Sausage Links                      Chilled Mandarin Oranges</p> <p>Crispy Chicken Smackers                      Cheesy Mashed Potatoes*                      Seasoned Green Peas*                      Wheat Roll*                      Chocolate Pudding with Sprinkles*</p> <p>Hamburger on Bun w/wo Cheese</p>	<p>28                      Grilled Can.Bacon &amp; Cheese Triangle*                      Crispy Potato Rounds                      (Buttered Grits*-optional w/breakfast)                      Crispy Pork Taco                      Mozzarella and American Cheese                      Shredded Lettuce and Tomato                      Seasoned Corn*                      Cinnamon Stick*</p> <p>Pizza</p>	<p>29                      Sausage Patty Biscuit Sandwich                      Chilled Peaches</p> <p>Spaghetti &amp; Meatballs                      Italian Red Gravy*                      Crisp Caesar Salad                      Fresh Apple Wedges                      Italian Bread*</p> <p>Deli Turkey on Sliced Bread or Poboy</p>	<p>30                      Scrambled Eggs*, Cheese Grits*,                      Fresh Apple Wedges                      (Toast w Jelly-optional w breakfast)                      Mini Corn Dogs                      Green Salad                      Baked Crinkle Fries                      Chocolate Chip Cookie*</p> <p>Grilled Cheese Sandwich*</p>	<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>

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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September 8th is Student Choice Day! You choose what's for lunch!



September 9th is Western Day! Settle your spurs and get along lil' doggie to your school cafeteria! Join us for a Western ho-down and delicious meal fit for any cowboy or cowgirl! Kindly leave horses at the door!



September 15th Blueberry Nutrition Day! Stop by the Blueberry Nutrition Day table for a delicious sample, fun nutrition facts and activities!



Elementary School Name \_\_\_\_\_