

September '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>School lunches must meet recommendations of the Dietary Guideline for Americans.</p> <p>*No more than 30% of calories from fat and less than 10% from saturated fat averaged weekly.</p> <p>*Lunches contain 1/3 of the RDI of Protein, Vitamin A, Vitamin C, Iron, and Calcium.</p>		1 Sausage Patty, Biscuit OR Bagel Fresh Apple Wedges	2 Scrambled Eggs*, Cheese Grits*, Toast w Jelly, Peaches	3 Donuts, Grits* OR Oatmeal* (choice) Cinnamon Applesauce
		<p>Veal or Chicken Parmesan Buttered Noodles Crisp Green Salad Chilled Pears Wheat Roll* Oatmeal Cookie*</p> <p>Two-fers on Buns</p>	<p>Chicken and Sausage Gumbo* Fluffy Rice Potato Salad* OR Crisp Garden Salad Fresh Apple French Bread*</p> <p>Fish Patty on Bun</p>	<p>Chicken Teriyaki Fried Rice* Steamed Vegetable Blend Chilled Mandarin Oranges Southern Butter Wheat Roll* Fortune Cookie or Ernie Cookie* Deli Turkey Poboy w/wo Cheese</p>
6 Waffle w Syrup Sausage Links Chilled Pineapple	7 Sausage Patty, Buttered Grits*, Toast, Chilled Strawberries	8 English Muffin with Canadian Bacon and Cheese, Crispy Potato Rounds	9 Scrambled Eggs*, Cheese Grits*, Toast w Jelly, Fresh Orange Wedges	10 Beignets*, Grits OR Oatmeal (choice) Chilled Mixed Fruit
<p>Red/White Beans & Sausage* Fluffy Rice Buttered Carrots* Chilled Tropical Fruit Cornbread* OR Corn Roll* Chocolate Chip Cookie* Hamburger on Bun w/wo Cheese</p>	<p>Crispy Pork Taco Acadianne Rice* Mozzarella and American Cheese Shredded Lettuce and Tomato Chilled Mixed Fruit Cinnamon Stick*</p> <p>Two-fers on Buns</p>	<p>Student Choice Day</p>	<p>BBQ Chicken* Toni's Rice-a-Roni* Seasoned Baked Beans* Crisp Caesar Salad Cheese Bread*</p>  <p>Hotdog on Bun w/wo chili* OR Corndog</p>	<p>Breaded Pork Chop Potatoes in Cheese Sauce* Chilled Applesauce Garlic French Bread* Pudding with Sprinkles*</p> <p>Meatball Poboy w/wo Cheese</p>
13 French Toast Stick w syrup, Sausage Links, Chilled Tropical Fruit	14 Grld Can. Bacon & Cheese (1/2 OR Full)* Buttered Grits*, Potato Rounds	15 Sausage Patty, Biscuit or Bagel Fresh Apple	16 Scrambled Eggs*, Cheese Grits*, Toast w Jelly, Applesauce	17 Donuts, Grits* OR Oatmeal* (choice) Chilled Peaches
<p>Chicken Smackers w/wo General Tso Fried Rice* OR Dirty Rice* Stir-fry Veggies* Mandarin Oranges Southern Butter Wheat Roll* Rice Krispie Treat* Deli Turkey Poboy w/wo Cheese</p>	<p>Beef and Bean Burrito w/wo Cheese Sauce* Mexican Rice* Crisp Tossed Salad Chilled Strawberries Jell-O</p> <p>BBQ Pulled Pork on Bun</p>	<p>Nutrition Day- Blueberry</p> <p>Spaghetti & Meatballs Italian Red Gravy* Crisp Garden Salad Chilled Pears Cheese Bread*</p>  <p>Shrimp Popper and Cheese Poboy OR Shrimp Popper Basket w Cheese Brd*</p>	<p>Chicken Saucepicante* Fluffy Rice Potato Salad* OR Crisp Green Salad Fresh Apple, French Bread* Iced Fudge Brownie*</p> <p>Hamburger on Bun w/wo Cheese</p>	<p>Crispy Catfish Macaroni & Cheese* Green Beans OR White Beans* Pineapple w Cherries Wheat Roll*</p> <p>Chicken Smacker Basket with Roll</p>
20 Pancake Wrapped Sausage w Syrup Chilled Pears	21 Cinnamon Toast* & Buttered Grits*, Fresh Banana	22 English Muffin with Canadian Bacon and Cheese, Crispy Potato Rounds	23 Scrambled Eggs*, Cheese Grits*, Toast w Jelly, Chilled Mixed Fruit	24 Beignets*, Grits OR Oatmeal (choice) Chilled Strawberries
<p>Red/White Beans & Sausage* Fluffy Rice Steamed Broccoli Chilled Applesauce Cornbread* OR Corn Roll*</p> <p>Roast Beef Poboy w/wo Cheese</p>	<p>Mexican Pizza OR Seasoned Beef* Nachos w/wo Cheese Sauce* Arroz con Queso* Seasoned Corn Tossed Salad Cinnamon Roll*</p> <p>Hotdog on Bun w/wo chili* OR Corndog</p>	<p>Lasagna* Italian Salad Chilled Mixed Fruit Garlic French Bread* Banana Cake* OR Iced Yellow Cake*</p> <p>Chicken Strip Basket with Garlic Brd</p>	<p>Chicken Noodle Soup* (Diced Chx) Grilled Cheese Sandwich* Garden Salad Chilled Strawberries</p> <p>Hamburger on Bun w/wo Cheese</p>	<p>New Orleans Chicken Fluffy Rice Steamed Cauliflower Chilled Mandarin Oranges Southern Butter Wheat Roll* Fortune Cookie or Almond Cookie* Fish Patty on Bun w/wo Cheese</p>
27 Pancake w Syrup, Sausage Links Chilled Mandarin Oranges	28 Breakfast Burrito*, Buttered Grits* Crispy Potato Rounds	29 Sausage Patty, Biscuit OR Bagel Chilled Peaches	30 Scrambled Eggs*, Cheese Grits*, Toast w Jelly, Fresh Apple Wedges	* 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>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>Crispy Pork Taco Mexican Rice* Mozzarella and American Cheese Shredded Lettuce and Tomato Seasoned Corn* Cinnamon Stick*</p> <p>Pizza</p>	<p>Spaghetti & Meatballs Italian Red Gravy* Crisp Caesar Salad Fresh Apple Italian Bread*</p> <p>Deli Turkey Poboy w/wo Cheese</p>	<p>Chicken and Sausage Gumbo* OR Sausage & Potato Stew* Fluffy Rice Potato Salad* OR Crisp Green Salad Chilled Pears w Cherries French Bread*, Chocolate Chip Cookie* Grilled Cheese Sandwich*</p>	

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.

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



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!



High School Name _____