

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>				
		1	2	3
		Sausage Patty Biscuit Sandwich Fresh Apple Wedges	Scrambled Eggs*, Cheese Grits*, Chilled Peaches	Donuts, Cinnamon Applesauce
		Pizza Crisp Green Salad Chilled Pears Oatmeal Cookie*	Chicken Nuggets Potato Rounds Apple Wedges Wheat Roll	Chicken Teriyaki Fried Rice* Steamed Vegetable Blend Chilled Mandarin Oranges Southern Butter Wheat Roll* Fortune Cookie
		Mini Corndogs	Fish Patty on Bun	Deli Turkey on Sliced Bread or Pobo
6	7	8	9	10
No School, Labor Day	Cinnamon Toast*& Buttered Grits*, Egg patty, Chilled Strawberries	Sausage Patty Biscuit Sandwich Crispy Potato Rounds	Scrambled Eggs*, Toast w Jelly, Fresh Orange Wedges	Donuts, Chilled Mixed Fruit
	Crispy Pork Taco Mozzarella and American Cheese Shredded Lettuce and Tomato Chilled Mixed Fruit Cinnamon Stick*	Grilled Can. Bacon & Cheese Sand. Baked Crinkle Fries Chilled Tropical Fruit Chocolate Chip Cookie	Baked Chicken* Chicken Strips (Younger Children) Toni's Rice-a-Roni* Seasoned Baked Beans* Crisp Caesar Salad Southern Wheat Roll	Breaded Pork Chop Cheesy Potatoes Chilled Applesauce Garlic French Bread* Pudding with Sprinkles
	Two-fer on Bun	Hamburger on Bun w/wo Cheese	Hot Dog on Bun 	Chicken Nugget Basket
13	14	15	16	17
French Toast Stick w Syrup, Sausage Links, Chilled Tropical Fruit	Grilled Can. Bacon & Cheese Triangle* Crispy Potato Rounds	Sausage Patty Biscuit Sandwich Fresh Apple Wedges Nutrition Day- Blueberry Spaghetti & Meatballs Italian Red Gravy* Crisp Garden Salad Chilled Pears Garlic Roll 	Scrambled Eggs*, Cheese Grits*, Chilled Applesauce	Smuckers 2.8oz PB&J, Chilled Peaches
Breaded Chicken Patty on Bun w/wo American Cheese Slice Lettuce, Tomato, and Pickle Baked Potato Rounds Rice Krispie Treat*	Beef and Bean Burrito w/wo Cheese Sauce* Chicken Strips (Younger) Crisp Tossed Salad Chilled Strawberries Jell-O	Grilled Cheese	Chicken and Sausage Gumbo* Fluffy Rice Potato Salad* Apple Wedges French Bread* Fudge Brownie*	Crispy Fish Strips Macaroni & Cheese* Green Beans Pineapple w Cherries Wheat Roll*
Deli Turkey on Sliced Bread or Pobo	BBQ Pulled Pork on Bun		Hamburger on Bun w/wo Cheese	Chicken Smacker Basket with Roll
20	21	22	23	24
Pancake Wrapped Sausage w Syrup Chilled Pears	Cinnamon Toast*& Buttered Grits*, Fresh Banana	Sausage Patty Biscuit Sandwich Crispy Potato Rounds	Scrambled Eggs*, Toast w Jelly, Chilled Mixed Fruit	Donuts, Chilled Strawberries
Red/White Beans & Sausage* Fluffy Rice Steamed Broccoli Chilled Applesauce Corn Roll*	Mexican Pizza Seasoned Corn* Tossed Salad Cinnamon Roll*	Hamburger on Bun w/wo Cheese	Grilled Cheese Sandwich* Garden Salad Chilled Strawberries	New Orleans Chicken Fluffy Rice Steamed Cauliflower Chilled Mandarin Oranges Sesame Seeded Bread* Sugar Cookie*
Smuckers 4.8oz PB&J Sandwich	Hot Dog on Bun w/wo Chili*	Chicken Strip Basket with Roll	Two-fer on Bun	Fish Patty on Bun
27	28	29	30	
Pancake w Syrup, Sausage Links Chilled Mandarin Oranges	Grilled Can. Bacon & Cheese Triangle* Crispy Potato Rounds	Sausage Patty Biscuit Sandwich Chilled Peaches	Scrambled Eggs*, Cheese Grits*, 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.
Crispy Chicken Smackers Cheesy Mashed Potatoes* Seasoned Green Peas* Wheat Roll* Chocolate Pudding with Sprinkles*	Crispy Pork Taco Mozzarella and American Cheese Shredded Lettuce and Tomato Seasoned Corn* Cinnamon Stick*	Spaghetti & Meatballs Italian Red Gravy* Crisp Caesar Salad Fresh Apple Wedges Italian Bread*	Mini Corn Dogs Green Salad Baked Crinkle Fries Chocolate Chip Cookie*	
Hamburger on Bun w/wo Cheese	Pizza	Deli Turkey on Sliced Bread or Pobo	Grilled Cheese Sandwich*	

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.

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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 IMMACULATE CONCEPTION