

August '10 Elementary Breakfast & Lunch Options



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

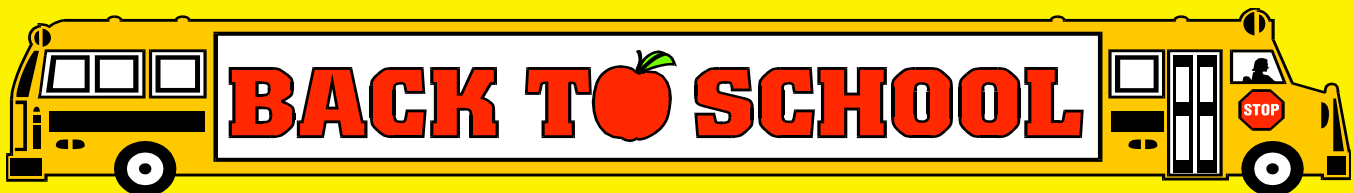
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
			Chicken patty on Bun Baked Beans* Fresh Apple Wedges Chocolate Chip Cookie*	Shrimp Poppers Macaroni and Cheese* Seasoned Green Beans* Chilled Peaches Southern Butter Wheat Roll*
			Chocolate Chip Cookie*	
9	10	11	12	13
Red Beans & Sausage* Fluffy Rice Buttered Carrots* Chilled Tropical Fruit Cornbread	Mexican Pizza Crisp Garden Salad Cinnamon Applesauce Ernie Cookie*	Hamburger on Bun w/wo Cheese Seasoned Corn* Fresh Orange Wedges Yellow Cake with Vanilla Icing*	Baked Chicken* Dirty Rice* Crisp Tossed Salad Chilled Mixed Fruit Sesame Seeded Roll*	Breaded Pork Chop Potatoes in Cheese Sauce* Chilled Mandarin Oranges Cheese Bread* Fudge Brownie*
16	17	18	19	20
Pork Taco Seasoned Corn Cinnamon Stick Lettuce & Tomatoes Cup Chilled Peaches	Brd Chicken Patty on Bun Lett/Tom/Pickle Chilled Strawberries Cinnamon Roll*	Italian Meatsauce* Pasta Crisp Italian Salad Chilled Pears Italian Bread*	Turkey Stew* Fluffy Rice Cauliflower in Cheese Sauce* Crisp Caesar Salad Garlic French Bread* Rice Krispie Treat* Chicken Strip Basket	Breaded Beef Strips Mashed Potatoes* w Gravy Seasoned Corn* Wheat Roll* Yellow Banana Cake*
23	24	25	26	27
Chicken Strips Baked Fries Chilled Peaches Wheat Roll	Crispy Pork Taco Mozzarella and American Cheese Shredded Lettuce and Tomato Chilled Peaches Honey Bun*	Spaghetti & Meatballs Italian Red Gravy* Crisp Garden Salad Chilled Mixed Fruit Garlic Roll* Jell-O	Hamburger on Bun w/wo Cheese Lettuce/Tomato/Pickle Cup French Fries or Potato Rounds Almond Cookie*	Fish Strips Macaroni & Cheese* Green Beans OR White Beans* Pineapple w Cherries French Bread*
Hamburger on Bun w/wo cheese	Two-fer on Bun	Chicken Smacker Basket	Pizza	Chicken Patty on Bun
30	31	<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>		
Chicken Strips Mashed Potatoes* w Gravy Chilled Tropical Fruit Cheese Bread*	Crispy Beef Taco* Mozzarella and American Cheese Shredded Lettuce and Tomato Seasoned Corn* Cinnamon Stick *			
Hamburger on Bun w/wo cheese	Two-fer on Bun			

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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Elementary School Name _____