

# October 2011

www.schoolcafe.org



Monday	Tuesday	Wednesday	Thursday	Friday
Grilled Chicken Strips w BBQ Potatoes in Cheese Sauce Chilled Tropical Fruit Italian Bread  Baked, Crispy Fish Sandwich On Wheat Bun	Crispy Pork Taco Mexican Brown Rice* Shredded American Cheese Shredded Lettuce and Tomato Carrot/Celery Sticks Apple Sauce Honey Bun*  Grilled Cheese & Ham on Wheat*	Italian Rotini Bake* Tossed Salad Chilled Pears Garlic Wheat Roll*  Grilled Chicken Sandwich on Wheat Bun	Shrimp Etouffe* Fluffy Rice Fresh Broccoli/Cauliflower Florets Chilled Strawberries Garlic Wheat Roll* Jell-O  Hotdog w/wo Chili* on Wheat bun	Baked, Crispy Fish Strips Mashed Potatoes with Gravy Chilled Pineapple with Cherries Sesame Wheat Roll* Chocolate Cake*  BBQ Pulled Pork on Wheat Bun
Red/White Beans & Sausage* Fluffy Rice Buttered Carrots* Chilled Tropical Fruit Cornbread*  Pizza	Beef Taco Arroz Integral con Queso* Shredded American Cheese (taco) Shredded Lettuce and Tomato (taco) Golden Corn* Chilled Mixed Fruit Cinnamon Stick*  Baked Crispy Chicken Sandwich	Wheat Spaghetti & Meatballs Italian Red Gravy* Popeye Salad Seasoned Green Beans* Garlic Wheat Roll* Oatmeal Cookie*  Ham Sandwich on Wheat Bread	Shrimp & Sausage Gumbo* Fluffy Rice Potato Salad* OR Garden Salad Chilled Pears French Bread* Iced Fudge Brownie*  Hamburger on Wheat Bun	Chicken & Gravy* Fluffy Rice Seasoned Spinach* Chilled Peaches Wheat Roll* Jell-O  Grilled Cheese & Ham on Wheat Bread*
Baked, Crispy Fish Strips Wheat Rotini & Cheese* Seasoned Peas* Pineapple w Cherries Southern Butter Wheat Roll*  Two-fers	Crispy Pork Taco Mexican Brown Rice* Shredded American Cheese Shredded Lettuce and Tomato Fresh Cucumber Slices Chilled Tropical Fruit Cinnamon Roll*  Baked, Crispy Fish Sandwich	Italian Meatsauce* Wheat Spaghetti Caesar Salad* Chilled Applesauce Italian Bread* Pudding  Baked Crispy Chicken Strips	Chili w Beans* Tossed Salad Chilled Pears Cornbread* Chocolate Cake*  BBQ Rib Pattv Sandwich	Baked, Crispy Chicken Smackers Mashed Potatoes with Gravy Chilled Pineapple with Cherries Sesame Wheat Roll*  Deli Turkey Sandwich on Wheat Bread
Grilled Chicken Strips Tossed in Asain Sauce Fried Brown Rice* Steamed Carrots Chilled Mandarin Oranges Sesame Wheat Roll*  BBQ Pulled Pork on Wheat Bun	Crispy Pork Taco Arroz Integral con Queso* Shredded American Cheese Shredded Lettuce and Tomato Golden Corn* Chilled Peaches Honey Bun*  Hamburger on Wheat Bun	Wheat Spaghetti & Meatballs Italian Red Gravy* Crisp Italian Salad* Seasoned Cauliflower Italian Bread* Rice Krispie Treat*  Ham Sandwich on Wheat Bread	Salisbury Steak* Mashed Potatoes Seasoned Peas* Wheat Roll* Oatmeal Cookie*  Pizza	Baked, Crispy Fish Strips Wheat Rotini & Cheese* Seasoned Green Beans* Pineapple w Cherries Southern Butter Wheat Roll*  Italian Sausage on Pistolette
Red Boo Beans & Scary Sausage* Haunted Rice Bewitched Broccoli Chilling Applesauce Freaky French Bread* Crazy Cookie*  Hotdog w/wo Chili* on Wheat bun	<div style="text-align: center;">  <p><b>Happy Halloween</b></p> </div> <p style="text-align: center;">                     Whole fresh fruit offered daily with lunch.                      * 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.                      Choice of milk is offered daily.                      Sandwiches are served with 3 fruit/vegetable servings and milk.                 </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 Calories, Protein, Vitamin A, Vitamin C, Iron, and Calcium.