

# September 2011

www.schoolcate.org

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Whole fresh fruit offered daily with lunch.</b>                      * 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>			<p>1                      Chicken Noodle Soup*                      Fluffy Rice                      Potato Salad*                      Chilled Pears                      French Bread*                      Iced Fudge Brownie*</p>	<p>2                      Baked, Crispy Fish Strips                      Wheat Rotini &amp; Cheese*                      Seasoned Peas*                      Pineapple w Cherries                      Southern Butter Wheat Roll*</p>
<p>5  <b>Labor Day</b>                      No School  </p>	<p>6                      Soft Chicken Taco*                      Mexican Brown Rice*                      Shredded American Cheese                      Shredded Lettuce and Tomato                      Fresh Cucumber Slices                      Chilled Tropical Fruit</p>	<p>7                      Italian Meatsauce*                      Wheat Spaghetti                      Caesar Salad*                      Chilled Applesauce                      Italian Bread*                      Pudding</p>	<p>8                      Award Winning Chili w Beans                      Tossed Salad                      Chilled Pears                      Cornbread                      Chocolate Cake</p>	<p>9                      Shrimp Etouffe*                      Fluffy Rice                      Seasoned Spinach*                      Chilled Strawberries                      Garlic Wheat Roll*</p>
<p>12                      Grilled Chicken Strips                      Tossed in Asain Sauce                      Fried Brown Rice*                      Steamed Carrots                      Chilled Mandarin Oranges                      Sesame Wheat Roll*</p>	<p>13                      Crispy Pork Taco                      Arroz Integral con Queso*                      Shredded American Cheese                      Shredded Lettuce and Tomato                      Seasoned Corn*                      Cinnamon Stick*</p>	<p>14                      Wheat Spaghetti &amp; Meatballs                      Italian Red Gravy*                      Crisp Italian Salad*                      Seasoned Cauliflower                      Italian Bread*                      Rice Krispie Treat*</p>	<p>15                      Chicken &amp; Sausage Jambalaya*                      Crisp Tossed Salad                      Chilled Pears                      Wheat Roll*                      Jell-O</p>	<p>16                      Baked, Crispy Fish Strips                      Wheat Rotini &amp; Cheese*                      Seasoned Green Beans*                      Pineapple w Cherries                      Southern Butter Wheat Roll*</p>
<p>BBQ Pulled Pork on Wheat Bun</p>	<p>Hamburger on Wheat Bun</p>	<p>Ham Poboy</p>	<p>Pizza</p>	<p>Baked, Crispy Chicken Sand. Wheat</p>
<p>19                      Red/White Beans &amp; Sausage*                      Fluffy Rice                      Steamed Broccoli                      Chilled Applesauce                      French Bread*</p>	<p>20                      Chicken Fajitas*                      Mexican Brown Rice*                      Shredded American Cheese                      Shredded Lettuce and Tomato                      Carrot/Celery Sticks                      Chilled Tropical Fruit</p>	<p>21                      Shrimp Archie*                      Cream Sauce* with Wheat Rotini                      Popeye Salad                      Chilled Mixed Fruit                      Garlic Wheat Roll*</p>	<p>22                      BBQ Chicken*                      Chicken Smackers for &gt;2nd grade only                      Dirty Rice*                      Baked Beans*                      Corn on the Cob                      Sesame Wheat Roll*                      Yellow Cake*</p>	<p>23                      Shepherd's Pie*                      Seasoned Peas*                      Wheat Roll*                      Iced Fudge Brownie*</p>
<p>Grilled Chicken on Wheat Bun</p>	<p>Hotdog w/wo Chili* on Wheat Bun</p>	<p>Chicken Smackers with Wheat Roll</p>	<p>BBQ Riblet on Bun</p>	<p>Baked, Crispy Fish Sand. on Wheat</p>
<p>26                      Baked, Crispy Chicken Smackers                      Tossed in General Tso                      Fluffy Rice                      Stir-fry Vegetables*                      Chilled Mandarin Oranges                      Sesame Wheat Roll*</p>	<p>27                      Crispy Pork Taco                      Arroz Integral con Queso*                      Shredded American Cheese                      Shredded Lettuce and Tomato                      Seasoned Corn*                      Chilled Strawberries                      Cinnamon Roll*</p>	<p>28                      Italian Meatsauce*                      Wheat Spaghetti                      Cucumber Slices                      Chilled Mixed Fruit                      Italian Bread*                      Chocolate Pudding w Sprinkles</p>	<p>29                      Turkey Roast in Gravy                      Fluffy Rice                      Garden Salad                      Chilled Peaches                      Wheat Roll</p>	<p>30                      Sauteed Shrimp*                      Buttered Noodles*                      Seasoned Green Beans*                      Chilled Pineapple w Cherries                      Garlic Wheat Roll*                      Jell-O</p>
<p>Hamburger on Wheat Bun</p>	<p>BBQ Riblet on Bun</p>	<p>Deli Turkey Sandwich on Wheat</p>	<p>Baked Crispy Fish Sand. on Wheat</p>	<p>Italian Sausage on Pistolette</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.

