

September '09 Healthy Breakfast** & Lunch Options

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Grilled Ham and Cheese Triangle OR Breakfast Burrito, Tropical Fruit, Grits	Sausage Patty, Toast w Jelly Apple sauce	Scrambled Eggs, Cheese Grits, Toast Potato Rounds	Beignets
	Beef Tacos	Meatballs in Red Gravy w Spaghetti Crisp Caesar Salad	Fried Chicken Mashed Potatoes w Gravy	Shrimp Poppers Macaroni and Cheese
	Lettuce/Tomato cup Seasoned Corn Cinnamon Stick	Chilled Pears w Cherry or Fresh Fruit Italian Bread	Buttered Carrots Garlic Roll Chocolate Cake	Sweet Peas Chilled Tropical Fruit Wheat Roll
	Pre-Made salad	Chicken Strip Basket	Pre-Made Salad	
	7	8	9	10
Off Labor Day.	Off Diocesan Conference.	Scrambled Egg Patty w/wo Cheese Eng. Muffin/Biscuit, Grits, Mand. Orng	Scrambled Egg, Cheese Grits, Toast w Jelly, Chilled Peaches	. Buttered Grits, Chilled Mixed Fruit
			Mango Nutrition Day	
		Spaghetti w Meatsauce or Lasagna Italian Green Beans Chilled Mixed Fruit Garlic Roll	Turkey w Gravy and Rice Glazed Carrots Crisp Green Salad French Bread Yellow Cake	Cheesy Potato Popcorn Chicken, Corn Dinner Roll Pudding
		Two-fers	Pre-Made salad	
	14	15	16	17
French Toast Sticks w syrup, Sausage Links, Chilled Pears	Grilled Ham and Cheese Triangle OR Brkfst Burrito, Mand. Oranges, Grits	Sausage Patty, Biscuit or Bagel Apple sauce	Scrambled Eggs, Cheese Grits, Toast w Jelly, Potato Rounds	Beignets or Donuts (choice), Buttered Grits, Chilled Peaches
			Western Day	
Chicken Teriyaki	Beef Tacos	Italian Bake Italian Salad	BBQ Chicken Buckaroo Baked Beans	Fish Strips Macaroni and Cheese
Fried Rice w Steamed Vegetable Blend	Lettuce/Tomato cup	Chilled Pears	Rodeo Potatoes in Cheese Sauce	Garden salad
Chilled Pineapple	Seasoned Corn	Italian Bread	High-Falutin French Bread	Mixed Fruit
Eggroll	Cinnamon Stick		Jackaroo Jell-O	Wheat Roll
Fortune Cookie				
Hamburger w/wo cheese	Pre-Made Salad.	Pizza	Pre-Made Salad	
	21	22	23	25
Pancake Wrapped Sausage w Syrup Chilled Tropical Fruit	Ham & Cheese Biscuit or Bagel Chilled Pineapple	Scrambled Egg Patty w/wo Cheese Eng. Muffin/Biscuit, Grits, Pears	Pre-Made Salad Pre-Made Salad	Beignets or Donuts (choice), Buttered Grits, Chilled Mixed Fruit
Shepherd's Pie	Chicken Taco or Gordita	Meatballs in Red Gravy w Spaghetti	Pork Chop (HS) or Chicken Strips	Nacho
Sweet Peas	Acadianne Rice- H.S.	Cesar Salad	Cheesy Spinach	Chili/Cheese
Southern Butter Wheat Roll	Lettuce Tomato Cup	Applesauce	Parslied Potatoes	Salad
Brownie	Seasoned Corn	Garlic French Bread	Seeded Bread	Fruit
	Cinnamon Roll		Sugar Cookie	Ernie Cookie
Corndog	Pre-Made Salad	Popcorn Chicken Basket	Pre-Made Salad	
	28	29	30	
Pancake w Syrup, Sausage Link Chilled Peaches	Grilled Ham and Cheese Triangle OR Brkfst Burrito, Mand. Oranges, Grits	Sausage Patty, Toast w Jelly Apple sauce		
Jambalaya	Beef Tacos	Spaghetti w Meatsauce		
Garden Salad	Lettuce/Tomato cup	Italian Salad		
Chilled Pears	Seasoned Corn	Chilled Tropical Fruit		
Roll	Cinnamon Stick	Garlic Roll		
Hamburger w/wo cheese	Pre-Made Salad	Hotdog w/wo chili		

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.

Check Out Our Website At: www.schoolcafe.org

N.e: 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 25th is Student Choice Day! You choose what's for lunch!



September 17th 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 10th is Mango Nutrition Day! Stop by the nutrition day table for a delicious mango sample, fun nutrition facts and activities!



School Name _____