





January 2012 Elementary

www.schoolcafe.org



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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
		Sausage Patty Biscuit Sandwich Fresh Fruit Italian Meatsauce* Wheat Spaghetti Popeye Salad Seasoned Green Beans* Garlic Wheat Roll* Lunch for Atonement Pork Taco/crispy shells corn/Lettuce, tomato and cheese cup chilled pears, cinnamon roll/milk	Scrambled Eggs*, Toast w Jelly, Chilled Tropical Fruit (Cheese Grits*- optional w/ breakfast) Chicken & Sausage Gumbo* Fluffy Rice Potato Salad Chilled Pears French Bread* Oatmeal Cookie* LUNCH FOR ATONEMENT HAMBURGER/BUN FRIES/LETTUCE/TOMATO CHILLED PINEAPPLE/ALMOND COOKIE	Dutch Waffle, Cinnamon Applesauce (Grits*OROatmeal*-optional w bkfst) LUNCH FOR ATONEMENT Baked, Crispy Fish Strips Crinkle Fries Pineapple w Cherries Southern Butter Wheat Roll* Jell-O Macaroni and Cheese Green Peas
9	10	11	12	13
Pancake Wrapped Sausage Chilled Pineapple Red/White Beans with Sausage* Fluffy Rice Steamed Vegetable Blend Chilled Mixed Fruit Cornbread	Cinnamon Toast*& Buttered Grits*, Chilled, Chilled Mixed Fruit Beef Taco* Shredded American Cheese Shredded Lettuce and Tomato Golden Corn* Chilled Pineapple Cinnamon Roll*	Sausage Patty Biscuit Sandwich Crispy Potato Rounds Chicken Alfredo* Cream Sauce* with Rotini Caesar Salad* Chilled Applesauce Italian Bread*	Breakfast Pizza ,Cheese Grits*, Fresh Fruit Roasted Chicken Potatoes in Cheese Sauce* Tossed Salad Garlic Wheat Roll* Iced Fudge Brownie*	Smuckers 2.8 oz PB&J, Chilled Pears (Grits*OROatmeal*-optional w bkfst) Shrimp Etouffe* Fluffy Rice Seasoned Spinach* Chilled Strawberries Garlic Wheat Roll*
16	17	18	19	20
Martin Luther King, Jr. Day	Grilled Ham & Cheese Triangle* Crispy Potato Rounds (Buttered Grits*-optional w/breakfast) Crispy Pork Taco Shredded American Cheese Shredded Lettuce and Tomato Golden Corn* Chilled Applesauce Honey Bun*	Sausage Patty Biscuit Sandwich Chilled Applesauce Brussels Sprouts Nutrition Day Wheat Spaghetti & Meatballs Italian Red Gravy* Crisp Italian Salad* Chilled Tropical Fruit Italian Bread* 	Scrambled Eggs*, Toast w Jelly, Fresh Fruit (Cheese Grits*- optional w/ breakfast) Shrimp Archie* Cream Sauce* w Rotini Caesar Salad* Chilled Mixed Fruit Wheat Roll* Rice Krispie Treat* LUNCH FOR ATONEMENT Hamburger/bun/lettuce & tomato fries milk-rice krispie treats Mixed fruit	Beignets*, Chilled Mixed Fruit (Grits*OROatmeal*-optional w bkfst) Baked, Crispy Chicken Strips Baked Crinkle Fries Seasoned Peas Sesame Wheat Roll Chocolate Chip Cookie*
23	24	25	26	27
Waffle, Sausage Links Chilled Pineapple Chinese New Year Baked, Crispy Chicken Smackers w/ Sweet & Sour Sauce Fried Brown Rice* Stirfry Veggies Mandarin Oranges Sesame Wheat Roll* Fortune Cookies 	Cinnamon Toast*& Buttered Grits*, Chilled Strawberries Soft Chicken Taco* Shredded American Cheese Shredded Lettuce and Tomato Carrot/Celery Sticks Chilled Tropical Fruit Cinnamon Stick*	Sausage Patty Biscuit Sandwich Crispy Potato Rounds Pizza Popeye Salad Golden Corn* Sugar Cookie*	Breakfast Pizza ,Cheese Grits*, Fresh Fruit BBQ Chicken Brown Rice-a-Roni* Fresh Broccoli/Cauliflower Florets Chilled Mixed Fruit Sesame Wheat Roll*	Dutch Waffle, Chilled Mixed Fruit (Grits*OROatmeal*-optional w bkfst) Turkey & Sausage Gumbo* Fluffy Rice Potato Salad Chilled Pears French Bread*
30	31	<p>Whole fresh fruit offered daily with lunch.</p> <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>Choice of milk is offered daily.</p> <p>Sandwiches are served with 3 fruit/vegetable servings and milk.</p> <p>Breakfast also offers cereal. Breakfast served in participating schools. For more information, please contact your principal.</p>		

January 18th is Brussels Sprouts Nutrition Day! Stop by the nutrition day table for a yummy sample and fun activities!



January 16th is Martin Luther King, Jr. Day!

January 23rd is our Chinese New Year Celebration with a delicious theme meal!



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.

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