

September '10 OLPH School Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<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>		<p>1 <i>Sausage Patty Biscuit Sandwich</i> <i>Fresh Apple Wedges</i></p> <p>Pizza Crisp Green Salad Chilled Pears Oatmeal Cookie*</p>	<p>2 <i>Scrambled Eggs*</i>, <i>Cheese Grits*</i>, <i>Chilled Peaches</i> <i>(Toast w Jelly-optional w breakfast)</i></p> <p>Chicken Nuggets, Potato Rounds, Apple Wedges, Wheat Roll*</p>	<p>3 <i>Donuts, Cinnamon Applesauce</i> <i>(Grits*OROatmeal*-optional w bkfst)</i></p> <p>Chicken Teriyaki Fried Rice* Steamed Vegetable Blend Chilled Mandarin Oranges Southern Butter Wheat Roll* Fortune Cookie or Ernie Cookie*</p>
<p>6 Labor Day No School</p>	<p>7 <i>Cinnamon Toast*& Buttered Grits*</i>, <i>Chilled Strawberries</i></p> <p>Crispy Pork Taco Mozzarella and American Cheese Shredded Lettuce and Tomato Chilled Mixed Fruit Cinnamon Stick*</p>	<p>8 <i>Sausage Patty Biscuit Sandwich</i> <i>Crispy Potato Rounds</i></p> <p>Birrotips Fremcj Froes Cjeese Bread Sa:ad Brownie</p>	<p>9 <i>Scrambled Eggs*,Toast w Jelly,</i> <i>Fresh Orange Wedges</i> <i>(Cheese Grits*- optional w/ breakfast)</i></p> <p>BBQ Chicken* Chicken Strips (Younger Children) Toni's Rice-a-Roni* Seasoned Baked Beans* Crisp Caesar Salad Bread*</p> 	<p>10 <i>Beignets*, Chilled Mixed Fruit</i> <i>(Grits*OROatmeal*-optional w bkfst)</i></p> <p>Breaded Pork Chop Potatoes in Cheese Sauce* Chilled Applesauce Garlic French Bread* Pudding with Sprinkles</p>
<p>13 <i>French Toast Stick w Syrup,</i> <i>Sausage Links, Chilled Tropical Fruit</i></p> <p>Breaded Chicken Patty on Bun w/wo American Cheese Slice Lettuce, Tomato, and Pickle Baked Potato Rounds Rice Krispie Treat*</p>	<p>14 <i>Grilled Can.Bacon & Cheese Triangle*</i> <i>Crispy Potato Rounds</i> <i>(Buttered Grits*-optional w/breakfast)</i></p> <p>Beef and Bean Burrito w/wo Cheese Sauce* Chicken Strips (Younger) Crisp Tossed Salad or Lett/Tom/Pickle Chilled Strawberries Jell-O</p>	<p>15 <i>Sausage Patty Biscuit Sandwich</i> <i>Fresh Apple Wedges</i></p> <p>Nutrition Day- Blueberry Spaghetti & Meatballs Italian Red Gravy* Crisp Garden Salad Chilled Pears Cheese Bread* </p>	<p>16 <i>Scrambled Eggs*, Cheese Grits*,</i> <i>Chilled Applesauce</i> <i>(Toast w Jelly-optional w breakfast)</i></p> <p>Chicken and Sausage Gumbo* Potato Salad* OR Green Salad* Apple Wedges, French Bread* Fudge Brownie*</p>	<p>17 <i>Smuckers 2.8oz:PB&J, ChilledPeaches</i> <i>(Grits*OROatmeal*-optional w bkfst)</i></p> <p>Crispy Fish Strips Macaroni & Cheese* Green Beans OR White Beans* Pineapple w Cherries Wheat Roll*</p>
<p>20 <i>Pancake Wrapped Sausage w Syrup</i> <i>Chilled Pears</i></p> <p>Red/White Beans & Sausage* Fluffy Rice Steamed Broccoli Chilled Applesauce Cornbread* OR Corn Roll*</p>	<p>21 <i>Cinnamon Toast*& Buttered Grits*</i>, <i>Fresh Banana</i></p> <p>Seasoned Beef* Nachos w/wo Cheese Sauce* Seasoned Corn* Tossed Salad Cinnamon Roll*</p>	<p>22 <i>Sausage Patty Biscuit Sandwich</i> <i>Crispy Potato Rounds</i></p> <p>Hamburger on Bun w/wo Cheese w/wo American Cheese Slice Lettuce, Tomato, and Pickle Baked Potato Smiles Banana Cake* or Iced Yellow Cake*</p>	<p>23 <i>Scrambled Eggs*, Toast w Jelly,</i> <i>Chilled Mixed Fruit</i> <i>(Cheese Grits*- optional w/ breakfast)</i></p> <p>Chicken Noodle Soup* (Diced Chx) Grilled Cheese Sandwich* Garden Salad Chilled Strawberries</p>	<p>24 <i>Beignets*, Chilled Strawberries</i> <i>(Grits*OROatmeal*-optional w bkfst)</i></p> <p>New Orleans Chicken Fluffy Rice Steamed Cauliflower Chilled Mandarin Oranges Sesame Seeded Bread* Fortune Cookie or Sugar Cookie*</p>
<p>27 <i>Pancake w Syrup, Sausage Links</i> <i>Chilled Mandarin Oranges</i></p> <p>Crispy Chicken Smackers Cheesy Mashed Potatoes* Seasoned Green Peas* Wheat Roll* Chocolate Pudding with Sprinkles*</p>	<p>28 <i>Grilled Can.Bacon & Cheese Triangle*</i> <i>Crispy Potato Rounds</i> <i>(Buttered Grits*-optional w/breakfast)</i></p> <p>Crispy Pork Taco Mozzarella and American Cheese Shredded Lettuce and Tomato Seasoned Corn* Cinnamon Stick*</p>	<p>29 <i>Sausage Patty Biscuit Sandwich</i> <i>Chilled Peaches</i></p> <p>Spaghetti & Meatballs Italian Red Gravy* Crisp Caesar Salad Fresh Apple Wedges Italian Bread*</p>	<p>30 <i>Scrambled Eggs*, Cheese Grits*,</i> <i>Fresh Apple Wedges</i> <i>(Toast w Jelly-optional w breakfast)</i></p> <p>Mini Corn Dogs Green Salad Baked Crinkle Fries Chocolate Chip Cookie*</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>

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.

Only one serving line (hot lunch) until further notice.



September 9th 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!

Our Lady of Perpetual Help School



September 15th Blueberry Nutrition Day!
 Stop by the Blueberry Nutrition Day table for a delicious sample, fun nutrition facts and activities!

