



November 2018 St. Benilde Breakfast Menu







Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>Pancake Wrapped Sausage AND Cereal & Toast AND Grits Assorted Fruit Chilled Peaches (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk</p> 	<p>2</p> <p>Beignets & Donuts AND Grill Cheese Triangle (Pre-K) AND Cereal & Toast AND Grits Assorted Fruit Chilled Mandarin Oranges (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>
<p>5</p> <p>No Breakfast</p>	<p>6</p> <p>Pancakes w/ Sausage Links AND Cereal & Toast AND Grits Assorted Fruit Chilled Applesauce (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk</p>	<p>7</p> <p>Scrambled Eggs with Sausage Patty & Toast AND Cereal & Toast AND Grits Assorted Fruit Chilled Strawberries (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>	<p>8</p> <p>French Toast w/ Sausage Patty AND Cereal & Toast AND Grits Assorted Fruit Chilled Peaches (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk</p>	<p>9</p> <p>Beignets & Donuts AND Grill Cheese Triangle (Pre-K) AND Cereal & Toast AND Grits Assorted Fruit Chilled Mandarin Oranges (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>
<p>12</p> <p>Sausage Biscuit AND Cereal & Toast AND Grits Assorted Fruit Chilled Pears (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>	<p>13</p> <p>Waffle w/ Sausage Links AND Cereal & Toast AND Grits Assorted Fruit Chilled Applesauce (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk</p>	<p>14</p> <p>Breakfast Pizza AND Cereal & Toast AND Grits Assorted Fruit Chilled Strawberries (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>	<p>15</p> <p>Pancake Wrapped Sausage AND Cereal & Toast AND Grits Assorted Fruit Chilled Peaches (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk</p>	<p>16</p> <p>Beignets & Donuts AND Grill Cheese Triangle (Pre-K) AND Cereal & Toast AND Grits Assorted Fruit Chilled Mandarin Oranges (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>
<p>19</p> <p>No School</p>	<p>20</p> <p>No School</p>	<p>21</p> <p>No School</p>	<p>22</p> <p>HAPPY THANKSGIVING</p> 	<p>23</p> <p>SCHOOL CLOSED</p>
<p>26</p> <p>Sausage Biscuit AND Cereal & Toast AND Grits Assorted Fruit Chilled Pears (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>	<p>27</p> <p>Waffle w/ Sausage Links AND Cereal & Toast AND Grits Assorted Fruit Chilled Applesauce (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk</p>	<p>28</p> <p>Breakfast Pizza AND Cereal & Toast AND Grits Assorted Fruit Chilled Strawberries (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>	<p>29</p> <p>No Breakfast</p>	<p>30</p> <p>Beignets & Donuts AND Grill Cheese Triangle (Pre-K) AND Cereal & Toast AND Grits Assorted Fruit Chilled Mandarin Oranges (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>



November 2018 Elementary Lunch Menu






Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>Red Beans (Chicken Smackers for Pre-K only) Rice Chicken Smackers/Sausage Links Popeye Salad Fresh Fruit Assorted Fruit Chilled Strawberries (Pre-K & Sat) Cornbread Milk</p> 	<p>2</p> <p>Chicken and Sausage Gumbo Rice Potato Salad Seasoned Green Peas Assorted Fruit Chilled Pears (Pre-K & Sat) Southern Butter Roll Cookie Milk</p>
<p>5</p> <p>No School</p>	<p>6</p> <p>Crispy or Soft Beef Taco Shredded Cheese Cup Shredded Lettuce & Chopped Tomato Golden Corn Fresh Fruit Assorted Fruit Chilled Peaches (Pre-K) Cinnamon Roll Milk</p>	<p>7</p> <p>Lasagna Creamed Spinach Assorted Fruit Chilled Mandarin Oranges (Pre-K & Sat) Garlic Roll Milk</p>	<p>8</p> <p>Red Beans (Chicken Smackers for Pre-K only) Rice Chicken Smackers/Sausage Links Cauliflower w/Cheese Fresh Fruit Assorted Fruit Chilled Pears (Pre-K & Sat) French Bread Milk</p>	<p>9</p> <p>Shepherds Pie Italian Salad Assorted Fruit Chilled Tropical Fruit (Pre-K & Sat) Southern Butter Roll Rice Krispie Milk</p>
<p>12</p> <p>Beef Stew Rice Carrot Soufflé Seasoned or Italian Green Beans Assorted Fruit Chilled Pineapple (Pre-K & Sat) Southern Butter Roll Milk</p>	<p>13</p> <p>Crispy or Soft Beef Taco Shredded Cheese Cup Shredded Lettuce & Chopped Tomato Golden Corn Fresh Fruit Assorted Fruit Chilled Mandarin Oranges (Pre-K) Cinnamon Roll Milk</p> <p><i>Pre-K Option Only</i> Grilled Cheese Sandwich, Corn Chilled Mandarin Oranges, Cinnamon Roll, Milk</p>	<p>14</p> <p>Meatsauce Spaghetti Broccoli w/Cheese Assorted Fruit Chilled Pears (Pre-K & Sat) Garlic Roll Milk</p> <p>Nutrition Day</p>  <p>Mushrooms</p>	<p>15</p> <p>Red or White Beans (Chicken Smackers for Pre-K only) Rice Chicken Smackers/Sausage Links Caesar Salad Fresh Fruit Assorted Fruit Chilled Applesauce (Pre-K & Sat) Cornbread Milk</p>	<p>16</p> <p>THANKSGIVING LUNCH Turkey Roast with gravy Rice or Cornbread Dressing Sweet Potato Casserole Seasoned Green Peas Assort Fruit Chilled Peaches (Pre-K & Sat) Southern Butter Roll Brownie Milk</p> 
<p>19</p> <p>No School</p>	<p>20</p> <p>No school</p>	<p>21</p> <p>No School</p>	<p>22</p> <p>HAPPY THANKSGIVING</p> 	<p>23</p> <p>SCHOOL CLOSED</p>
<p>26</p> <p>Salisbury Steak Mashed Potatoes w/Gravy Carrot Soufflé Assorted Fruit Chilled Pineapple (Pre-K & Sat) Southern Butter Roll Milk</p>	<p>27</p> <p>Crispy or Soft Beef Taco Shredded Cheese Cup Shredded Lettuce & Chopped Tomato Golden Corn Fresh Fruit Assorted Fruit Chilled Mandarin Oranges (Sat & Pre-K) Cinnamon Roll Milk</p>	<p>28</p> <p>Meatsauce Spaghetti Cauliflower w/Cheese Assorted Fruit Chilled Applesauce (Pre-K & Sat) Garlic Roll Milk</p>	<p>29</p> <p>Red Beans (Chicken Smackers for Pre-K only) Rice Chicken Smackers/Sausage Links Popeye Salad Fresh Fruit Assorted Fruit Chilled Strawberries (Pre-K & Sat) Cornbread Milk</p>	<p>30</p> <p>Chicken and Sausage Gumbo Rice Potato Salad Seasoned Green Peas Assorted Fruit Chilled Pears (Pre-K & Sat) Southern Butter Roll Cookie Milk</p>



November 2018 Elementary Sandwich Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Nuggets Baked Beans Popeye Salad Tots/Shoestring/Crinkle or Smiles Fresh Fruit Assorted Fruit Chilled Strawberries (Pre-K) Cornbread Milk 	2 Cheese & Pepperoni Pizza (Hand Tossed) Seasoned Green Peas Tots/Shoestring/Crinkle or Smiles Assorted Fruit Chilled Pears(Pre-K) Cookie Milk
5 No School	6 Hamburger on Bun w/wo Cheese Lettuce/Tomato/Pickle Tots/Shoestring/Crinkle or Smiles Fresh fruit Assorted Fruit Chilled Peaches(Pre-K) Cinnamon Roll Milk	7 Cheese & Pepperoni Pizza (Hand Tossed) Creamed Spinach Tots/Shoestring/Crinkle or Smiles Assorted Fruit Chilled Mandarin Oranges(Pre-K) Milk	8 Breaded Chicken (Spicy) Patty on Bun Lettuce/Tomato /Pickle Baked Beans Tots/Shoestring/Crinkle or Smiles Fresh fruit Assorted Fruit Chilled Pears(Pre-K) Milk	9 Chicken Nuggets Italian Salad Tots/Shoestring/Crinkle or Smiles Assorted Fruit Chilled Tropical Fruit (Pre-K) Southern Butter Roll Rice Krispie Milk
12 Breaded Chicken (Spicy) Patty on Bun Carrot Souffle Lettuce/Tomato/Pickle Tots/Shoestring/Crinkle or Smiles Assorted Fruit Chilled Pineapple (Pre-K) Milk	13 Grilled Cheese Sandwich Tots/Shoestring/Crinkle or Smiles Corn Fresh Fruit Assorted Fruit Chilled Mandarin Oranges (Pre-K) Cinnamon Roll Milk	14 Chicken Nuggets Broccoli w/Cheese Tots/Shoestring/Crinkle or Smiles Assorted Fruit Chilled Pears (Pre-K) Garlic Roll Milk Nutrition Day  Mushrooms	15 Hamburger on Bun w/wo Cheese Lettuce/Tomato/Pickle Baked Beans Tots/Shoestring/Crinkle or Smiles Fresh Fruit Assorted Fruit Chilled Applesauce (Pre-K) Milk	16 Cheese & Pepperoni Pizza w/Rolled Edge Seasoned Green Peas Tots/Shoestring/Crinkle or Smiles Assorted Fruit Chilled Peaches (Pre-K) Brownie Milk
19 No School	20 No School	21 No School	22 HAPPY THANKSGIVING 	23 SCHOOL CLOSED
26 Breaded Chicken (Spicy) Patty on Bun Carrot Souffle Lettuce/Tomato/Pickle Tots/Shoestring/Crinkle or Smiles Assorted Fruit Chilled Pineapple (Pre-K) Milk	27 Grilled Cheese Sandwich Corn Tots/Shoestring/Crinkle or Smiles Fresh fruit Assorted Fruit Chilled Mandarin Oranges(Pre-K) Cinnamon Roll Milk	28 Hamburger on Bun w/wo Cheese Lettuce /Tomatoes/Pickle Tots/Shoestring/Crinkle or Smiles Cauliflower & Cheese Assorted Fruit Applesauce(Pre-K) Milk	29 Chicken Nuggets Baked Beans Popeye Salad Tots/Shoestring/Crinkle or Smiles Fresh Fruit Assorted Fruit Chilled Strawberries (Pre-K) Cornbread Milk	30 Cheese & Pepperoni Pizza (Hand Tossed) Seasoned Peas Tots/Shoestring/Crinkle or Smiles Assorted Fruit Chilled Pears(Pre-K) Cookie Milk