



# September 2018 St. Benilde Breakfast Menu




Monday	Tuesday	Wednesday	Thursday	Friday
 <p>3</p>	<p>4</p> <p>Waffle w/ Sausage Links <b>AND</b> Cereal &amp; Toast <b>AND</b> Grits Assorted Fruit Chilled Applesauce (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk</p>	<p>5</p> <p>Breakfast Pizza <b>AND</b> Cereal &amp; Toast <b>AND</b> Grits Assorted Fruit Chilled Strawberries (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>	<p>6</p> <p>Pancake Wrapped Sausage <b>AND</b> Cereal &amp; Toast <b>AND</b> Grits Assorted Fruit Chilled Peaches (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk</p>	<p>7</p> <p>Beignets &amp; Donuts <b>AND</b> Grill Cheese Triangle (Pre-K) <b>AND</b> Cereal &amp; Toast <b>AND</b> Grits Assorted Fruit Chilled Mandarin Oranges (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>
<p>10</p> <p>Chicken Biscuit <b>AND</b> Cereal &amp; Toast <b>AND</b> Grits Assorted Fruit Chilled Pears (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>	<p>11</p> <p>Pancakes w/ Sausage Links <b>AND</b> Cereal &amp; Toast <b>AND</b> Grits Assorted Fruit Chilled Applesauce (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk</p>	<p>11</p> <p>Scrambled Eggs with Sausage Patty &amp; Toast <b>AND</b> Cereal &amp; Toast <b>AND</b> Grits Assorted Fruit Chilled Strawberries (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>	<p>13</p> <p>French Toast w/ Sausage Patty <b>AND</b> Cereal &amp; Toast <b>AND</b> Grits Assorted Fruit Chilled Peaches (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk</p>	<p>14</p> <p>Beignets &amp; Donuts <b>AND</b> Grill Cheese Triangle ( Pre-K ) <b>AND</b> Cereal &amp; Toast <b>AND</b> Grits Assorted Fruit Chilled Mandarin Oranges (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>
<p>17</p> <p>Sausage Biscuit <b>AND</b> Cereal &amp; Toast <b>AND</b> Grits Assorted Fruit Chilled Pears (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>	<p>18</p> <p>Waffle w/ Sausage Links <b>AND</b> Cereal &amp; Toast <b>AND</b> Grits Assorted Fruit Chilled Applesauce (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk</p>	<p>19</p> <p>Breakfast Pizza <b>AND</b> Cereal &amp; Toast <b>AND</b> Grits Assorted Fruit Chilled Strawberries (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>	<p>20</p> <p>Pancake Wrapped Sausage <b>AND</b> Cereal &amp; Toast <b>AND</b> Grits Assorted Fruit Chilled Peaches (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk</p>	<p>21</p> <p>Beignets &amp; Donuts <b>AND</b> Grill Cheese Triangle (Pre-K) <b>AND</b> Cereal &amp; Toast <b>AND</b> Grits Assorted Fruit Chilled Mandarin Oranges (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>
<p>24</p> <p>Chicken Biscuit <b>AND</b> Cereal &amp; Toast <b>AND</b> Grits Assorted Fruit Chilled Pears (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>	<p>25</p> <p>Pancakes w/ Sausage Links <b>AND</b> Cereal &amp; Toast <b>AND</b> Grits Assorted Fruit Chilled Applesauce (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk</p>	<p>26</p> <p>Scrambled Eggs with Sausage Patty &amp; Toast <b>AND</b> Cereal &amp; Toast <b>AND</b> Grits Assorted Fruit Chilled Strawberries (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>	<p>27</p> <p>French Toast w/ Sausage Patty <b>AND</b> Cereal &amp; Toast <b>AND</b> Grits Assorted Fruit Chilled Peaches (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk</p>	<p>28</p> <p>Beignets &amp; Donuts <b>AND</b> Grill Cheese Triangle (Pre-K) <b>AND</b> Cereal &amp; Toast <b>AND</b> Grits Assorted Fruit Chilled Mandarin Oranges (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p>





# September 2018 St. Benilde Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	3 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  Pre-K Option Only Grilled Cheese Sandwich, Corn Chilled Mandarin Oranges, Cinnamon Roll, Milk	4 Meatsauce Spaghetti Cauliflower w/Cheese Assorted Fruit Chilled Applesauce (Pre-K & Sat) Garlic Roll Milk	5 Red or White Beans (Chicken Smackers for Pre-K only) Rice Chicken Smackers/Sausage Links Popeye Salad Fresh Fruit Assorted Fruit Chilled Strawberries (Pre-K & Sat) French Bread Milk	6 Chicken and Sausage Gumbo Rice Potato Salad or Fried Okra Seasoned Green Peas Assorted Fruit Chilled Pears (Pre-K & Sat) Southern Butter Roll Cookie Milk
10 Chicken & Sausage Jambalaya Italian Green Beans Glazed Carrots Assorted Fruit Chilled Strawberries (Pre-K & Sat) Southern Butter Roll Milk	11 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  Pre-K Option Only Grilled Cheese Sandwich, Corn Chilled Peaches, Cinnamon Roll, Milk	12 Lasagna Creamed Spinach Assorted Fruit Chilled Mandarin Oranges(Pre-K & Sa Garlic Roll Milk	13 Red or White Beans (Chicken Smackers for Pre-K only) Rice Chicken Smackers/Sausage Links Cauliflower w/Cheese Fresh Fruit Assorted Fruit Chilled Pears (Pre-K & Sat) Cornbread Milk	14 Shepherds Pie Italian Salad Assorted Fruit Chilled Tropical Fruit (Pre-K & Sat) Southern Butter Roll Rice Krispie Milk  One Line School Chicken Nuggets, Italian Salad, French Fries , Chilled Applesauce Southern Butter Roll, Rice Krispie, Milk
17 Beef Stew Rice Carrot Soufflé Seasoned Green Beans Assorted Fruit Chilled Pineapple(Pre-K & Sat) Southern Butter Roll Milk	18 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  Pre-K Option Only Grilled Cheese Sandwich, Corn Chilled Mandarin Oranges, Cinnamon Roll, Milk	19 Meatsauce Spaghetti Broccoli w/Cheese Assorted Fruit Chilled Pears (Pre-K & Sat) Garlic Roll Milk	20 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) French Bread Milk	21 Chicken and Sausage Gumbo Rice Potato Salad or Fried Okra Seasoned Green Peas Assorted Fruit Chilled Peaches (Pre-K & Sat) Southern Butter Roll Brownie Milk
24 Chicken Nuggets Mac and Cheese Glazed Carrots Seasoned Green Peas Assorted Fruit Chilled Applesauce (Pre-K & Sat)) Southern Butter Roll Milk	25 Crispy or Soft Beef Taco Shredded Cheese Cup Shredded Lettuce & Chopped Tomato Golden Corn Fresh Fruit Assorted Fruit Chilled Pears (Pre-K) Cinnamon Roll Milk  Pre-K Option Only Grilled Cheese Sandwich, Corn Chilled Pears, Cinnamon Roll, Milk	26 Meatballs and Red Gravy Spaghetti Broccoli w/Cheese Assorted Fruit Chilled Peaches (Pre-K & Sat) Garlic Roll Milk	27 Red or White Beans (Chicken Smackers for Pre-K only) Rice Chicken Smackers/Sausage Links Caesar Salad Fresh Fruit Assorted Fruit Mandarin Oranges(Pre-K & Sat ) Cornbread Milk	28 Shrimp Archie Italian Salad Seasoned or Italian Green beans Assorted Fruit Chilled Strawberries(Pre-K & Sat) Cake Milk





# September 2018 St. Benilde Sandwich Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	3 Grilled Cheese Sandwich Corn Tots/Shoestring/Crinkle or Smiles Fresh fruit Assorted Fruit Chilled Mandarin Oranges(Pre-K) Cinnamon Roll Milk	4 Hamburger on Bun w/wo Cheese Lettuce /Tomatoes/Pickle Tots/Shoestring/Crinkle or Smiles Assorted Fruit Applesauce (Pre-K) Milk	5 Chicken Nuggets Baked Beans Popeye Salad Tots/Shoestring/Crinkle or Smiles Fresh Fruit Assorted Fruit Chilled Strawberries (Pre-K) French Bread Milk	6 Cheese & Pepperoni Pizza (Hand Tossed) Green Peas Tots/Shoestring/Crinkle or Smiles Assorted Fruit Chilled Pears(Pre-K) Cookie Milk
10 Calzones(Cheese) Glazed Carrots Tots/Shoestring/Crinkle or Smiles Assorted Fruit Chilled Strawberries (Pre-K) Milk	11 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	12 Cheese & Pepperoni Pizza (Hand Tossed) Creamed Spinach Tots/Shoestring/Crinkle or Smiles Assorted Fruit Chilled Mandarin Oranges(Pre-K) Milk	13 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	14 Chicken Nuggets Italian Salad Tots/Shoestring/Crinkle or Smiles Assorted Fruit Chilled Tropical Fruit (Pre-K) Southern Butter Roll Rice Krispie Milk
17 Breaded Chicken (Spicy) Patty on Bun Lettuce/Tomato/Pickle Tots/Shoestring/Crinkle or Smiles Assorted Fruit Chilled Pineapple (Pre-K) Milk	18 Grilled Cheese Sandwich Tots/Shoestring/Crinkle or Smiles Corn Fresh Fruit Assorted Fruit Chilled Mandarin Oranges (Pre-K) Cinnamon Roll Milk	19 Chicken Nuggets Broccoli w/Cheese Tots/Shoestring/Crinkle or Smiles Assorted Fruit Chilled Pears (Pre-K) Garlic Roll Milk	20 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	21 Cheese & Pepperoni Pizza w/Rolled Edge Seasoned Peas Tots/Shoestring/Crinkle or Smiles Assorted Fruit Chilled Peaches (Pre-K) Brownie Milk
24 Calzones(Pepperoni) Tots/Shoestring/Crinkle or Smiles Glazed Carrots Assorted Fruit Chilled Applesauce (Pre-K) Milk	25 Chicken Nuggets Tots/Shoestring/Crinkle or Smiles Corn Fresh Fruit Assorted Fruit Chilled Pears (Pre-K ) Cinnamon Roll Milk	26 Breaded Chicken (Spicy) Patty on Bun Lettuce/Tomato/Pickle Tots/Shoestring/Crinkle or Smiles Broccoli w/Cheese Assorted Fruit Chilled Peaches (Pre-K) Milk	27 Cheese & Pepperoni Pizza w/Rolled Edge Baked Beans Tots/Shoestring/Crinkle or Smiles Fresh Fruit Assorted Fruit Mandarin Oranges (Pre-K) Milk	28 Hamburger on Bun w/wo Cheese Lettuce/ Tomato/Pickle Tots/Shoestring/Crinkle or Smiles Assorted Fruit Chilled Strawberries (Pre-K) Cake Milk



