



October 2018 St. Benilde Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Sausage Biscuit AND Cereal & Toast AND Grits Assorted Fruit Chilled Pears (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p> <p>1</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>2</p>	<p>Breakfast Pizza AND Cereal & Toast AND Grits Assorted Fruit Chilled Strawberries (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p> <p>3</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>4</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>LORETO ONLY Chicken Biscuit AND Cereal & Toast AND Grits Assorted Fruit Chilled Pears (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p> <p>8</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>9</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>10</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>11</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>15</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>16</p>	<p>Breakfast Pizza AND Cereal & Toast AND Grits Assorted Fruit Chilled Strawberries (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p> <p>17</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>18</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>Chicken Biscuit AND Cereal & Toast AND Grits Assorted Fruit Chilled Pears (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p> <p>22</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>23</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>24</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>25</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>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>29</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>30</p>	<p>Breakfast Pizza AND Cereal & Toast AND Grits Assorted Fruit Chilled Strawberries (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk</p> <p>31</p>		



October 2018 St. Benilde Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 Salisbury Steak Mashed Potatoes w/Gravy Carrot Soufflé Assorted Fruit Chilled Pineapple (Pre-K & Sat) Southern Butter Roll Milk	2 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	3 Meatsauce Spaghetti Cauliflower w/Cheese Assorted Fruit Chilled Applesauce (Pre-K & Sat) Garlic Roll Milk	4 RedBeans (Chicken Smackers for Pre-K only) Rice Sausage Links Popeye Salad Fresh Fruit Assorted Fruit Chilled Strawberries (Pre-K & Sat) French Bread Milk	5 Chicken and Sausage Gumbo Rice Fried Okra Seasoned Green Peas Assorted Fruit Chilled Pears (Pre-K & Sat) Southern Butter Roll Chocolate Chip Cookie Milk
8 LORETO ONLY Chicken & Sausage Jambalaya Seasoned Green Beans Glazed Carrots Assorted Fruit Chilled Strawberries (Pre-K & Sat) Southern Butter Roll Milk	9 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	10 Lasagna Creamed Spinach Assorted Fruit Chilled Mandarin Oranges(Pre-K & Sat) Garlic Roll Milk	11 Red Beans (Chicken Smackers for Pre-K only) Rice Chicken Smackers Cauliflower w/Cheese Fresh Fruit Assorted Fruit Chilled Pears (Pre-K & Sat) Cornbread Milk	12 Shepherds Pie Italian Salad Assorted Fruit Chilled Tropical Fruit (Pre-K & Sat) Southern Butter Roll Rice Krispie Milk
15 Beef Stew Rice Carrot Soufflé Seasoned Beans Assorted Fruit Chilled Pineapple(Pre-K & Sat) Southern Butter Roll Milk	16 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	17 Meatsauce Spaghetti Broccoli w/Cheese Assorted Fruit Chilled Pears (Pre-K & Sat) Garlic Roll Milk NUTRITION DAY-Summer Squash 	18 Red Beans (Chicken Smackers for Pre-K only) Rice Sausage Links Caesar Salad Fresh Fruit Assorted Fruit Chilled Applesauce(Pre-K & Sat) French Bread Milk	19 Chicken and Sausage Gumbo Rice Potato Salad Seasoned Green Peas Assorted Fruit Chilled Peaches (Pre-K & Sat) Southern Butter Roll Brownie Milk
22 Chicken Nuggets Mac and Cheese Glazed Carrots Seasoned Green Peas Assorted Fruit Chilled Applesauce (Pre-K & Sat) Southern Butter Roll Milk	23 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	24 Meatballs and Red Gravy Spaghetti Broccoli w/Cheese Assorted Fruit Chilled Peaches (Pre-K & Sat) Garlic Roll Milk	25 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	26 Shrimp Archie Italian Salad Seasoned or Italian Green Beans Assorted Fruit Chilled Strawberries (Pre-K & Sat) Southern Butter Roll Cake Milk
28 Salisbury Steak Mashed Potatoes w/Gravy Carrot Soufflé Assorted Fruit Chilled Pineapple (Pre-K & Sat) Southern Butter Roll Milk	30 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	31 Meatsauce Spaghetti Cauliflower w/Cheese Assorted Fruit Chilled Applesauce (Pre-K & Sat) Garlic Roll Milk  HAPPY HALLOWEEN	NATIONAL SCHOOL LUNCH WEEK OCTOBER 15-19, 2018  	



October 2018 St. Benilde Sandwich Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 Breaded Chicken Patty on Bun Lettuce/Tomato/Pickle Crinkle Cut Fries Assorted Fruit Chilled Pineapple (Pre-K) Milk	2 Grilled Cheese Sandwich Corn Smiles Fries Fresh fruit Assorted Fruit Chilled Mandarin Oranges(Pre-K) Cinnamon Roll Milk	3 Hamburger on Bun w/wo Cheese Lettuce /Tomatoes/Pickle Cauliflower & Cheese Shoestring Fries Assorted Fruit Applesauce (Pre-K) Milk	4 Chicken Nuggets Baked Beans Popeye Salad Crinkle Cut Fries Fresh Fruit Assorted Fruit Chilled Strawberries (Pre-K) French Bread Milk	5 Cheese & Pepperoni Pizza (Hand Tossed) Green Peas Smiles Fries Assorted Fruit Chilled Pears(Pre-K) Chocolate Chip Cookie Milk
8 LORETO ONLY Calzones(Cheese) Glazed Carrots Shoestring Fries Assorted Fruit Chilled Strawberries (Pre-K) Milk	9 Hamburger on Bun w/wo Cheese Lettuce/Tomato/Pickle Crinkle Cut Fries Fresh fruit Assorted Fruit Chilled Peaches(Pre-K) Cinnamon Roll Milk	10 Cheese & Pepperoni Pizza (Hand Tossed) Creamed Spinach Smiles Fries Assorted Fruit Chilled Mandarin Oranges(Pre-K) Milk	11 Breaded Chicken (Spicy) Patty on Bun Lettuce/Tomato /Pickle Baked Beans Shoestring Fries Fresh fruit Assorted Fruit Chilled Pears(Pre-K) Milk	12 Chicken Nuggets Italian Salad Crinkle Cut Fries Assorted Fruit Chilled Tropical Fruit (Pre-K) Southern Butter Roll Rice Krispie Treat Milk
15 Breaded Chicken (Spicy) Patty on Bun Lettuce/Tomato/Pickle Smiles Fries Assorted Fruit Chilled Pineapple (Pre-K) Milk	16 Grilled Cheese Sandwich Shoestring Fries Corn Fresh Fruit Assorted Fruit Chilled Mandarin Oranges (Pre-K) Cinnamon Roll Milk	17 Chicken Nuggets Broccoli w/Cheese Crinkle Cut Fries Assorted Fruit Chilled Pears (Pre-K) Garlic Roll Milk  NUTRITION DAY Summer Squash	18 Hamburger on Bun w/wo Cheese Lettuce/Tomato/Pickle Baked Beans Smile Fries Fresh Fruit Assorted Fruit Chilled Applesauce (Pre-K) Milk	19 Cheese & Pepperoni Pizza w/Rolled Edge Seasoned Peas Shoestring Fries Assorted Fruit Chilled Peaches (Pre-K) Brownie Milk
22 Calzones(Pepperoni) Crinkle Cut Fries Glazed Carrots Assorted Fruit Chilled Applesauce (Pre-K) Milk	23 Chicken Nuggets Smiles Fries Corn Fresh Fruit Assorted Fruit Chilled Pears (Pre-K) Cinnamon Roll Milk	24 Breaded Chicken (Spicy) Patty on Bun Lettuce/Tomato/Pickle Shoestring Fries Broccoli w/Cheese Assorted Fruit Chilled Peaches (Pre-K) Milk	25 Cheese & Pepperoni Pizza w/Rolled Edge Baked Beans Crinkle Cut Fries Fresh Fruit Assorted Fruit Mandarin Oranges (Pre-K) Milk	26 Hamburger on Bun w/wo Cheese Lettuce/ Tomato/Pickle Smiles Fries Assorted Fruit Chilled Strawberries (Pre-K) Cake Milk
29 Breaded Chicken (Spicy) Patty on Bun Lettuce/Tomato/Pickle Shoestring Fries Assorted Fruit Chilled Pineapple (Pre-K) Milk	30 Grilled Cheese Sandwich Corn Crinkle Cut Fries Fresh fruit Assorted Fruit Chilled Mandarin Oranges(Pre-K) Cinnamon Roll Milk	31 Hamburger on Bun w/wo Cheese Lettuce /Tomatoes/Pickle Cauliflower & Cheese Smiles Fries Assorted Fruit Applesauce (Pre-K) Milk	NATIONAL SCHOOL WEEK OCTOBER 15-19, 2018  	