

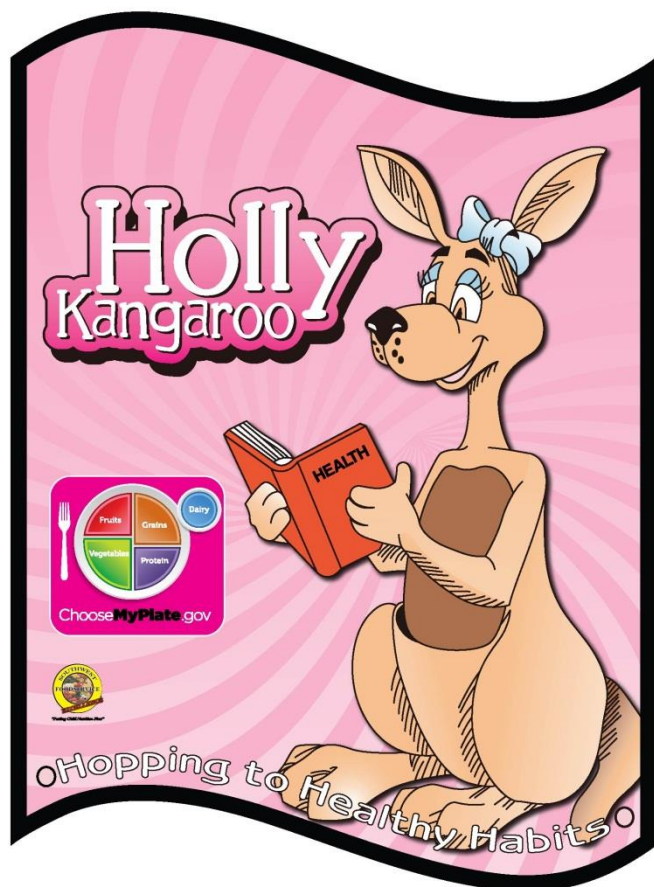


OCTOBER 2014

Elementary Breakfast & Lunch Menus



OCTOBER PROMOTIONS



Did you know that National School Lunch Week is October 13th-17th? The theme this year is “Get in the Game with School Lunch.” The emphasis is on the importance of balancing healthy eating and physical activity for kids. At SFE, we are excited to be a part of this promotion and look forward to your participation! Please look for our daily themes and feel free to ask your kitchen staff how you can get involved.

- Monday – **Sports Day**: Draw your favorite athlete and submit it to our lunch staff to win a prize!
- Tuesday – **Try a New Food Day**
- Wednesday – Let’ mix it up, it’s **Breakfast for Lunch Day**
- Thursday – **You Don’t Have to Play Sports to be Active!**

Also, on October 31, the Cafeteria will be transformed to a Coooolinary Cave where our Cafeteria Staff will be brewing up some Special Meals!!!

- Any student who finishes the Fall Festival Word Search will get freebies and be entered in a contest for other prizes.



Althea Albert-Santiago

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Mike Butler, 314-381-4155

Associate Director of Nutrition

Megan Fraley, 314-381-4155



PUTTING CHILD NUTRITION FIRST!

Due to our constant pursuit of excellence SFE will enhance our menus through students’ feedback, surveys, parent meetings, recipe development and market trends.



SLPS

ELEMENTARY BREAKFAST

Fresh Fruit and Juice Bar Served Daily!



Monday

Milk

Reduced Fat Milk Variety
Offered Daily

Tuesday



Wednesday

Thursday

Friday

6- Waffle Sticks
Assorted Low Sugar Cereal WG
WG Toast and Margarine/Jelly
Apple Juice, Pineapple Tidbits

7- Egg, Ham & Cheese English
Muffin Sandwich
Assorted Low Sugar Cereal WG
WG Toast and Margarine/Jelly
Orange Juice, Applesauce

1- French Toast Sticks & Sausage
Assorted Low Sugar Cereal WG
WG Toast and Margarine/Jelly
Grape Juice, Pineapple Tidbits

2- Pineapple & Vanilla Yogurt
Parfait
Assorted Low Sugar Cereal WG
WG Toast and Margarine/Jelly
Orange Juice, Fresh Banana

3- NO SCHOOL!

13- Mini Cinnamon Roll
Assorted Low Sugar Cereal WG
WG Toast and Margarine/Jelly
Orange Juice, Applesauce

14- Mini Blueberry Pancakes
Assorted Low Sugar Cereal WG
WG Toast and Margarine/Jelly
Grape Juice, Pineapple Tidbits

8- Ham, Egg & Cheese
Quesadilla
Assorted Low Sugar Cereal WG
WG Toast and Margarine/Jelly
Grape Juice, Mandarin Oranges

9- Cinnamon Raisin Bagel w/
Cream Cheese
Assorted Low Sugar Cereal WG
WG Toast and Margarine/Jelly
Orange Juice, Fresh Banana

10- Biscuits & Gravy
Assorted Low Sugar Cereal WG
WG Toast and Margarine/Jelly
Apple Juice, Sliced Peaches

20- Blueberry NutriGrain Bar w/
String Cheese
Assorted Low Sugar Cereal WG
WG Toast and Margarine/Jelly
Orange Juice, Applesauce

21- French Toast
Assorted Low Sugar Cereal WG
WG Toast and Margarine/Jelly
Grape Juice, Pineapple Tidbits

15- Colby Cheese Omelet
Hash Brown Potato Patty
Assorted Low Sugar Cereal WG
WG Toast and Margarine/Jelly
Orange Juice, Fresh Banana

16- Sausage & Cheese English
Muffin
Assorted Low Sugar Cereal WG
WG Toast and Margarine/Jelly
Apple Juice, Sliced Peaches

17- NO SCHOOL!

27- Cinnamon Raisin Bagel w/
Cream Cheese
Assorted Low Sugar Cereal WG
WG Toast and Margarine/Jelly
Orange Juice, Applesauce

28- Pancakes
Assorted Low Sugar Cereal WG
WG Toast and Margarine/Jelly
Grape Juice, Pineapple Tidbits

22- Breakfast Sausage Pizza
Assorted Low Sugar Cereal WG
WG Toast and Margarine/Jelly
Orange Juice, Fresh Banana

23- Blueberry Yogurt
Honey Graham Cracker
Assorted Low Sugar Cereal WG
WG Toast and Margarine/Jelly
Apple Juice, Sliced Peaches

24- Egg & Potato Breakfast
Burrito
Assorted Low Sugar Cereal WG
WG Toast and Margarine/Jelly
Apple Juice, Pineapple Tidbits

27- Cinnamon Raisin Bagel w/
Cream Cheese
Assorted Low Sugar Cereal WG
WG Toast and Margarine/Jelly
Orange Juice, Applesauce

28- Pancakes
Assorted Low Sugar Cereal WG
WG Toast and Margarine/Jelly
Grape Juice, Pineapple Tidbits

29- Strawberry Banana Yogurt
Honey Graham Cracker
Assorted Low Sugar Cereal WG
WG Toast and Margarine/Jelly
Orange Juice, Fresh Banana

30- Egg, Sausage & Cheese
Biscuit Sandwich
Assorted Low Sugar Cereal WG
WG Toast and Margarine/Jelly
Apple Juice, Sliced Peaches

31- Mini Blueberry Pancakes
Assorted Low Sugar Cereal WG
WG Toast and Margarine/Jelly
Grape Juice, Applesauce

SLPS Foodservice Director: Althea Albert-Santiago 314-345-4519, Director of Dining Services: Mike Butler, 314-381-4155

SFE Associate Director of Nutrition: Megan Fraley 314-381-4155

Elementary Menu Meal Prices

Second Lunch Meal \$1.10

Second Breakfast Meal \$1.10

Staff/Adult Lunch \$2.50

Staff/Adult Breakfast..... \$2.25

Milk \$0.40

*Menu Subject to Change

*SLPS is a Pork Free District

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SLPS

ELEMENTARY LUNCH

Fresh Fruit and Vegetable Bar Served Daily!



Monday

Milk

Reduced Fat Milk
Variety Offered Daily

Tuesday



Wednesday

Thursday

Friday

6- Grilled Chicken Garden Salad
Garlic & Herb Veggie Rotini
Chicken Nuggets w/ Roll
Fresh Steamed Broccoli
Fresh Fruit & Salad Bar

7- Beef Nachos
Chicken Patty Sandwich
Large Chef Salad w/ Roll
Corn Kernels
Fresh Fruit & Salad Bar

1- Southwest Chicken Salad
Spicy Chicken Sandwich
Bean & Cheese WG Burrito
Corn Kernels
Fresh Fruit & Salad Bar

2- Pepperoni Pizza
Grilled Cheese Sandwich
Large Chicken Caesar Salad
Cooked Crinkle Cut Carrots
Fresh Fruit & Salad Bar

3- NO SCHOOL!

13- Turkey Taco Salad
Chicken Tenders w/ Roll
Baked Rotini w/ Vegetables & Breadstick
Fresh Steamed Broccoli
Fresh Fruit & Salad Bar

14- Southwest Chicken Salad
Chilaquiles w/ Spanish Rice
Chicken Nuggets w/ Roll
Corn Kernels
Fresh Fruit & Salad Bar

15- Ham Big Bite
Pancakes and Sausage
Chicken Caesar Salad
Hash Brown Patty
Fresh Fruit & Salad Bar

16- Crispy Chicken Salad
Cheese Pizza
Turkey Sandwich
Mixed Vegetables
Fresh Fruit & Salad Bar

17- NO SCHOOL!

20- Cheese Pizza
Grilled Ham & Cheese Sandwich
Chef Salad w/ Roll
Green Beans
Fresh Fruit & Salad Bar

21- Ham & Cheese Salad
Turkey & Cheese Wrap
Turkey Hot Dog
Seasoned Sweet Potato Fries
Fresh Fruit & Salad Bar

22- Chicken Caesar Salad
Spaghetti w/ Meatballs
Grilled Cheese Sandwich
Fresh Steamed Broccoli
Fresh Fruit & Salad Bar

23- Cheeseburger
Chicken Quesadilla
Grilled Chicken Garden Salad
Corn Kernels
Fresh Fruit & Salad Bar

24- Italian Chicken Salad
Chicken Burrito
Chicken Nuggets w/ Roll
Corn Kernels
Fresh Fruit & Salad Bar

27- Turkey Taco Salad
Turkey & Cheese Sub
Chicken Parmesan w/ Breadstick
Cooked Crinkle Cut Carrots
Fresh Fruit & Salad Bar

28- Southwest Chicken Salad
Pepperoni Pizza
Ham, Turkey & Cheese Wrap
Green Peas
Fresh Fruit & Salad Bar

29- Fish Nuggets
Garlic Chile Chicken Stir Fry w/ Rice
Chicken Caesar Salad
Fresh Steamed Broccoli
Fresh Fruit & Salad Bar

30- Crispy Chicken Salad
Meatloaf w/ Roll
Turkey & Cheese Sub
Mashed Potatoes
Fresh Fruit & Salad Bar

31- Grilled Chicken Garden Salad
Spaghetti w/ Meatsauce & Breadstick
Turkey Hot Dog
Mexicorn
Fresh Fruit & Salad Bar

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