





September 2019 St. Benilde Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2 SCHOOL'S CLOSED 	3 Waffle w/ Sausage Patty AND Cereal & Toast AND Grits Assorted Fruit Chilled Applesauce (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk	4 Scrambled Eggs with Sausage Patty & Toast AND Cereal & Toast AND Grits Assorted Fruit Chilled Pineapples (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk	5 Pancake Wrapped Sausage AND Cereal & Toast AND Grits Assorted Fruit Chilled Peaches (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk	6 Beignets & Donuts AND Grilled Cheese Triangle (Pre-K) AND Cereal & Toast AND Grits Assorted Fruit Chilled Mandarin Oranges (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk
9 Chicken Biscuit AND Cereal & Toast AND Grits Assorted Fruit Chilled Pears (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk	10 Pancakes w/ Sausage Patty AND Cereal & Toast AND Grits Assorted Fruit Chilled Applesauce (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk	11 Breakfast Pizza AND Cereal & Toast AND Grits Assorted Fruit Chilled Pineapple (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk	12 French Toast w/ Sausage Patty AND Cereal & Toast AND Grits Assorted Fruit Chilled Peaches (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk	13 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
16 Sausage Biscuit AND Cereal & Toast AND Grits Assorted Fruit Chilled Pears (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk	17 Waffle w/ Sausage Patty AND Cereal & Toast AND Grits Assorted Fruit Chilled Applesauce (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk	18 Scrambled Eggs with Sausage Patty & Toast AND Cereal & Toast AND Grits Assorted Fruit Chilled Pineapples (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk <div style="border: 1px solid black; padding: 2px; display: inline-block;"> NUTRITION DAY: TUSCAN KALE </div> 	19 Pancake Wrapped Sausage AND Cereal & Toast AND Grits Assorted Fruit Chilled Peaches (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk	20 Beignets & Donuts AND Grilled Cheese Triangle (Pre-K) AND Cereal & Toast AND Grits Assorted Fruit Chilled Mandarin Oranges (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk
23 Chicken Biscuit AND Cereal & Toast AND Grits Assorted Fruit Chilled Pears (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk	24 Pancakes w/ Sausage Patty AND Cereal & Toast AND Grits Assorted Fruit Chilled Applesauce (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk	25 Breakfast Pizza AND Cereal & Toast AND Grits Assorted Fruit Chilled Pineapple (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk	26 French Toast w/ Sausage Patty AND Cereal & Toast AND Grits Assorted Fruit Chilled Peaches (Pre-K) Fresh fruit Potato Rounds Tomato Juice Milk	27 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
30 Sausage Biscuit AND Cereal & Toast AND Grits Assorted Fruit Chilled Pears (Pre-K) Fresh Fruit Potato Rounds Tomato Juice Milk				

This institution is an equal opportunity provider



HAPPY LABOR DAY





HAPPY LABOR DAY



September 2019 St. Benilde Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2 SCHOOL'S CLOSED 	3 Crispy or Soft Beef Taco Shredded Cheese Shredded Lettuce & Chopped Tomatoes Golden Corn Assorted Fruit Fresh Fruit Chilled Pears (Pre-K) Cinnamon Roll Milk	4 <u>Brunch for Lunch</u> Biscuit Scrambled Eggs Sausage Patty Tator Tots Grits Fresh Baby Carrots AND Assorted Fruit Fresh Fruit Chilled Peaches(Pre-K) Milk	5 Chicken Smackers White Beans with Rice Caesar Salad Assorted Fruit Fresh Fruit Chilled Mandarin Oranges (Pre-K) Frenchbread Milk	6 Shepherd's Pie Roasted Broccoli Assorted Fruit Fresh Fruit Chilled Pineapples (Pre-K) Biscuit Brownie Milk
9 Red Beans Rice Chicken Smackers/Sausage Links Carrot Souffle Assorted Fruit Fresh Fruit Mandarin Oranges (Pre-K) Cornbread Milk	10 Crispy or Soft Beef Taco Shredded Cheese Shredded Lettuce & Chopped Tomatoes Golden Corn Assorted Fruit Fresh Fruit Chilled Pears (Pre-K) Cinnamon Roll Milk	11 Chicken & Sausage Gumbo Steamed Rice Potato Salad Glazed Carrots Assorted Fruit Fresh Fruit Chilled Applesauce (Pre-K) Southern Butter Roll Milk	12 Shrimp Boil with Sausage & Potatoes Corn on the Cob Assorted Fruit Fresh Fruit Chilled Pineapples (Pre-K) French Bread Milk	13 Italian Baked Pasta Roasted Cauliflower Roasted Broccoli Assorted Fruit Fresh Fruit Chilled Peaches(Pre-K) Gartic Roll Cookie Milk
16 Chicken & Sausage Jambalaya (Oven Recipe) White Beans Brussel Sprouts Assorted Fruit Fresh Fruit Chilled Applesauce (Pre-K) Cornbread Milk	17 Crispy or Soft Beef Taco Shredded Cheese Shredded Lettuce & Chopped Tomatoes Golden Corn Assorted Fruit Fresh Fruit Chilled Peaches (Pre-K) Cinnamon Roll Milk	18 Shrimp Pasta Carrot Souffle Seasoned Greenbeans Assorted Fruit Fresh Fruit Chilled Pears (Pre-K) Frenchbread Milk  <small>NUTRITION DAY: TUSCAN KALE</small>	19 Chicken Parmesan with Spaghetti Caesar Salad Assorted Fruit Fresh Fruit Chilled Mandarin Oranges (Pre-K) Garlic Roll Milk	20 Beef Stew Steamed Rice Seasoned Greenpeas Roasted California Blend Assorted Fruit Fresh Fruit Chilled Pineapples (Pre-K) Southern Butter Roll Rice Krispie Treat Milk
23 Jamaican Jerk Grilled Chicken Macaroni & Cheese Glazed Carrots Roasted Cauliflower Assorted Fruit Fresh Fruit Chilled Applesauce (Pre-K) Southern Butter Roll Milk	24 Crispy or Soft Beef Taco Shredded Cheese Shredded Lettuce & Chopped Tomatoes Golden Corn Assorted Fruit Fresh Fruit Chilled Mandarin Oranges (Pre-K) Cinnamon Roll Milk	25 Red Beans Rice Chicken Smackers/Sausage Links Brussel Sprouts Assorted Fruit Fresh Fruit Chilled Pears (Pre-K) Cornbread Milk	26 Meatballs & Spaghetti Creamed Spinach Assorted Fruit Fresh Fruit Chilled Pineapples (Pre-K) Garlic Roll Milk	27 Chicken & Sausage Gumbo Steamed Rice Seasoned Greenbeans Potato Salad Assorted Fruit Fresh Fruit Chilled Peaches (Pre-K) Biscuit Cake Milk
30 Salisbury Steak Mashed Potatoes w/ Gravy Glazed Carrots Assorted Fruit Fresh Fruit Chilled Applesauce (Pre-K) Southern Butter Roll Milk				


This institution is an equal opportunity provider





September 2019 St. Benilde Sandwich Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>SCHOOL'S CLOSED</p> 	<p>Hot Ham & Cheese on Bun Golden Corn Smile Fries Assorted Fruit Fresh Fruit Chilled Pears (Pre-K) Cinnamon Roll Milk</p>	<p>Chicken Sandwich Shredded Lettuce/Tomato/Pickle Baby Carrots Assorted Fruit Fresh Fruit Chilled Peaches (Pre-K) Milk</p>	<p>Hamburger on Bun w/wo Cheese Shredded Lettuce/Tomato/Pickle Baked Beans Assorted Fruit Fresh Fruit Chilled Mandarin Oranges (Pre-K) Milk</p>	<p>Boneless Wings Roasted Broccoli Buttered Mashed Potatoes Assorted Fruit Fresh Fruit Chilled Pineapples(Pre-K) Biscuit Brownie Milk</p>
<p>Sloppy Joe on Bun Baked Beans Crinkle Fries Assorted Fruit Fresh Fruit Chilled Mandarin Oranges (Pre-K) Milk</p>	<p>Pepperoni & Cheese Pizza Golden Corn Popeye Salad Assorted Fruit Fresh Fruit Chilled Pears (Pre-K) Cinnamon Roll Milk</p>	<p>Hamburger on Bun w/wo Cheese Shredded Lettuce/Tomato/Pickle Glazed Carrots Shoestring Fries Assorted Fruit Fresh Fruit Chilled Applesauce (Pre-K) Milk</p>	<p>White Grilled Cheese Sandwich w/ Soup Corn on Cob Caesar Salad Assorted Fruit Fresh Fruit Chilled Pineapples (Pre-K) Milk</p>	<p>General Tso Chicken Smackers Roasted Broccoli Crinkle Fries Assorted Fruit Fresh Fruit Chilled Peaches (Pre-K) Garlic Roll Cookie Milk</p>
<p>Hamburger on Bun w/wo Cheese Baked Beans Shredded Lettuce/Tomato/Pickle Assorted Fruit Fresh Fruit Chilled Applesauce(Pre-K) Milk</p>	<p>Chicken Tenders Golden Corn Smile Fries Assorted Fruit Fresh Fruit Chilled Peaches (Pre-K) Cinnamon Roll Milk</p>	<p>Loaded Nacho Supreme Bowl Shredded Lettuce & Tomatoes Carrot Souffle Assorted Fruit Fresh Fruit Chilled Pears(Pre-K) Milk</p> <p>NUTRITION DAY: TUSCAN KALE </p>	<p>Pepperoni & Cheese Pizza Caesar Salad Shoestring Fries Assorted Fruit Fresh Fruit Chilled Mandarin Oranges (Pre-K) Milk</p>	<p>Chicken Sandwich Shredded Lettuce/Tomato/Pickle Crinkle Fries Assorted Fruit Fresh Fruit Chilled Pineapples (Pre-K) Rice Krispie Treat Milk</p>
<p>Sloppy Joe on Bun Glazed Carrots Roasted Cauliflower Assorted Fruit Fresh Fruit Chilled Applesauce(Pre-K) Milk</p>	<p>Yellow Grilled Cheese Sandwich Golden Corn Smile Fries Assorted Fruit Fresh Fruit Chilled Mandarin Oranges (Pre-K) Cinnamon Roll Milk</p>	<p>Hamburger on Bun w/wo Cheese Baked Beans Shredded Lettuce/Tomato/Pickle Assorted Fruit Fresh Fruit Chilled Pears(Pre-K) Milk</p>	<p>Creamy Ranch Chicken Pita Pocket Romaine Lettuce&Tomato Cup Shoestring Fries Assorted Fruit Fresh Fruit Chilled Pineapples(Pre-K) Milk</p>	<p>Pepperoni & Cheese Pizza Seasoned or Italian Greenbeans Crinkle Fries Assorted Fruit Fresh Fruit Chilled Peaches (Pre-K) Cake Milk</p>
<p>Tex- Mex Melt Glazed Carrots Smile Fries Assorted Fruit Fresh Fruit Chilled Applesauce (Pre-K) Milk</p>				

This institution is an equal opportunity provider

