



# October '09 Healthy Lunch Options St. Rosalie Elementary



Monday	Tuesday	Wednesday	Thursday	Friday
October 12th-16th is National School Lunch Week! Monday- Diana Taurasi's School Lunch Team: Teriyaki New Orleans Style Chicken Tuesday- Dwight Howard's School Lunch Team: Dwight's Beef Gordita Wednesday- Steve Nash's School Lunch Team: Nash's Noodles Chx or Veal Parmesan Thursday- Vince Carter's School Lunch Team: Vince's Veggies with a Turkey Sandwich Friday- Chris Paul's School Lunch Team: CP's Cheese Pizza with a Tossed Salad Come join these All-Star Teams for an All-Star School Lunch				
5	6	7	8	9
Red Beans w Fluffy Rice	Beef Nachos	Meatballs in Red Gravy w Spaghetti	Turkey & Sausage Gumbo	Catfish
Tossed Salad	Seasoned Corn	Caesar Salad	Potato Salad	Cheesy Mashed Potatoes
Mandarin Oranges	Chilled Peaches	Green Peas	Mixed Tropical Fruit	Pear w Cherry
Cornbread	Cinnamon Roll	Italian Seeded Bread	French Bread	Wheat Roll
		Sugar Cookie		Chocolate Cake
				<b>Preppie - 1st Grade --</b>
Hamburger w/wo cheese	Corndog	Popcorn Chicken Basket	Two-fer	Chicken Patty
12	13	14	15	16
Taurasi's	Dwight's Beef Gordita	Nash's Noodles		CP's Pizza
Teryaki Chicken	Lettuce/Tomato Cup	Chicken Parmesan	Vince's Veggies-	Tossed Salad
Fluffy Rice	Seasoned Corn	Italian Green Beans	Broccoli w/ cheese	Mandarin Oranges
Pineapple	Cinnamon Stick	Peaches	Turkey Sandwich	Chocolate Chip Cookie
Green Peas/Egg Roll		Garlic Roll	Lettuce/Tomato/Pickle	
Fortune Cookie		Pudding w sprinkles	Jell-O	
	<b>Preppie - 1st Grade --</b>			
Hotdog w/wo Chili	Chicken Patty	Hamburger w/wo cheese	Chicken Strips	Meatball Poboy
19	20	21	22	23
Shepherd's Pie	Beef Taco	Lasagna	<b>Nutrition Day- Asparagus</b>	Chicken Strips
Sweet Peas	Lettuce/Tomato Cup	Italian Salad	Turkey w Rice & Gravy	Cheesy Mashed Potatoes
Southern Butter Wheat Roll	Seasoned Corn	Pears	Broccoli w cheese	Peaches
Brownie	Cinnamon Roll	Italian Bread	Tossed Salad	Wheat Roll
			Wheat Roll	
			Yellow Cake	
		<b>Preppie - 1st Grade --</b>		
Chicken Patty	Meatball PB w/wo chz or Two-fer	Popcorn Chicken Basket	Hotdog w/wo chili	Hamburger w/wo cheese
26	27	28	29	30
White Beans w/ Fluffy Rice	Sausage Link	Meatballs in Red Gravy w Spaghetti	Turkey Noodle Soup w Grilled Cheese	<b>PARENT/TEACHER CONFERENCE</b>
Garden Salad	Pancake	Caesar Salad	Potato Salad	
Pears	Potato Rounds	Green Peas	Chilled Mixed Fruit	NO SCHOOL
Cornbread	Mixed Fruit	Italian Bread	Pudding	
		Sugar Cookie		
		<b>Preppie - 1st Grade --</b>		
Sloppy Joe	Two Fer	Chicken Strip Basket	Hamburger w/wo cheese	

October 27th is Student Choice Day!  
You choose what's for lunch!



School lunches must meet recommendations of the Dietary Guideline for Americans.  
\*No more than 30% of calories from fat and less than 10% from saturated fat averaged weekly.  
\*Lunches contain 1/3 of the RDI of Protein, Vitamin A, Vitamin C, Iron, and Calcium.

**Happy Halloween**



October 12th-16th is National School Lunch Week!



October 30th is our Halloween Celebration! We dare you to join us for a scary school lunch. Mummies and Vampires are welcome!

October 22nd is Asparagus Nutrition Day!  
Come by the Nutrition Day Table for a delicious asparagus sample and fun activities!

