



St. Paul's Episcopal School

*Little Saints

Entrée and Sandwich Choices

December 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1 November 26 –30	11/ 26 White Beans & Brown Rice* Creamed Spinach Corn Bread ☉ Italian Meatball Sandwich Fresh Salad Bar	11/27 Chicken Tenders Grilled Tenders* ☉ WW Mac & Cheese ☉ Steamed Broccoli ☉ Turkey & Swiss Sand Fresh Salad Bar	11/28 Chicken Creole w/ Brown Rice* ☉ Okra & Tomatoes Fresh Roll Ham and Cheese Sand Fresh Salad Bar	11/29 ☉ Chicken & Andouille Gumbo w/ Brown Rice Fresh Roll ☉ Baby Carrots ☉ Grilled Chicken Sand* Fresh Salad Bar	11/30 Pizza Assortment* ☉ Sweet Potato Fries Hot Dog Fresh Salad Bar	December 1 BREAKFAST with SANTA
WEEK 2 December 3 - 7	3 ☉ Red Beans w/ Sausage & Brown Rice* Stewed Turnip Greens Italian Meatball Sandwich Fresh Salad Bar	4 ☉ Grilled Chicken Sand* ☉ Sweet Potato Fries Green Peas ☉ Turkey & Swiss Sandwich Fresh Salad Bar	5 BRUNCH FOR LUNCH* Scrambled Eggs ☉ Turkey Sausage ☉ WW Waffle Fresh Fruit ☉ Chicken Salad Sand Fresh Salad Bar	6 WW Alfredo pasta* ☉ Baby Carrots Garlic Bread ☉ BBQ Shredded Chicken Sandwich Fresh Salad Bar	7 ☉ Personal Pizza* ☉ Cauliflower & Cheese Hot Dog Fresh Salad Bar	
WEEK 3 December 10 - 14	10 ☉ Red Beans w/ Sausage & Brown Rice* Green Beans Corn Bread Turkey and Swiss Sand Fresh Salad Bar	11 Cheeseburger on Bun* ☉ Sweet Potato Fries ☉ Italian Veg Medley ☉ Italian Meatball Sand Fresh Salad Bar	12 Tomato Basil Soup Grilled Cheese Sand* ☉ Cauliflower & Parmesan ☉ Tuna Salad Sandwich Fresh Salad Bar	13 ☉ Shrimp & Okra gumbo w/ Brown Rice Fresh Roll ☉ Baby Carrots Ham & Cheese Wrap* Fresh Salad Bar*	14 Pizza Assortment* ☉ Broccoli & Cheese Hot Dog Fresh Salad Bar	
WEEK 4 December 17 - 21	17 White Beans & Brown Rice* Creamed Spinach Corn Bread ☉ Chicken Salad Sand Fresh Salad Bar	18 Chicken Tenders* ☉ Grilled Tenders ☉ WW Mac & Cheese ☉ California Veg Medley ☉ Turkey & Swiss Sand Fresh Salad Bar	19 Spaghetti & Meatball* ☉ Steamed Broccoli Garlic Bread ☉ Italian Meatball Sandwich Fresh Salad Bar	20 Christmas Break	21 Christmas Break	
WEEK 5 December 24 - 28	24 Christmas Break	25 Christmas Break	26 Christmas Break	27 Christmas Break	28 Christmas Break	



Eat Fit NOLA options meet the nutritional criteria designed by Ochsner Health System. Download the Free Eat Fit App and look for St Paul's in Eat Fit Schools Section for full nutrition facts.

