



St. Paul's Episcopal School

*Little Saints

Entrée and Sandwich Choices

AUGUST 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 3 AUGUST 13 – 17				16 FIRST DAY OF SCHOOL Chicken Tenders Grilled Tenders Macaroni & Cheese Steamed Broccoli Grilled Chicken Sandwich Fresh Salad Bar	17 Pizza Assortment Green Beans Hot Dog Fresh Salad Bar	
WEEK 4 AUGUST 20 -24	20 LITTLE SAINTS 1ST DAY Red Beans w/Sausage & Brown Rice* California Veg. Medley Corn Bread Chicken Salad Sandwich Fresh Salad Bar	21 BRUNCH FOR LUNCH* Scrambled Eggs WW Waffle Fresh Fruit Bacon Grilled Chicken Sand. Fresh Salad Bar	22 Sloppy Joe on Bun French Fries Tossed Salad Broccoli & Parmesan BBQ Shredded Chicken Sandwich* Fresh Salad Bar	23 Stewed Chicken & Rice* Curried Cauliflower Fresh Roll Turkey & Swiss Wrap Fresh Salad Bar	24 Personal Pizza* Sweet Potato Fries Hot Dog Fresh Salad Bar	
Week 5 AUGUST 27 –31	27 White Beans & Brown Rice* Stewed Turnip Greens Corn Bread Tuna Salad Sandwich Fresh Salad Bar	28 Chicken Tenders Grilled Tenders* Macaroni & Cheese Baby Carrots Fresh Roll Turkey & Swiss Wrap Fresh Salad Bar	29 Spaghetti and Meatballs* Italian Vegetable Medley Fresh Roll Ham and Cheese Sand Fresh Salad Bar	30 Chicken Creole* Okra & Tomatoes Brown Rice Chicken Salad Sandwich Fresh Salad Bar	31 Pizza Assortment* Zucchini Squash Hot Dog Fresh Salad Bar	



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.



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September 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 September 3 – 7	3 NO SCHOOL – Labor Day	4 Cheeseburger on Bun* Sweet Potato Fries Turkey Burger on Bun Fresh Salad Bar	5 Shredded Chicken Tacos* Spanish Brown Rice Black Beans Ham & Cheese Sandwich Fresh Salad Bar	6 Alfredo Pasta* Green Beans Garlic Bread* Turkey & Swiss Wrap Fresh Salad Bar	7 Personal Pizza* Broccoli & Parmesan Hot Dog Fresh Salad Bar	
WEEK 2 September 10 – 14	10 Red Beans w/ Sausage & Brown Rice* Stewed Turnip Greens Corn Bread Turkey & Swiss Sand Fresh Salad Bar	11 Chicken Tenders* Grilled Tenders Macaroni & Cheese California Veg Medley Dinner Roll Turkey Burger on Bun Fresh Salad Bar	12 Tomato Basil Soup* Grilled Cheese Cauliflower & Herbs Turkey & Swiss Wrap Fresh Salad Bar	13 Home style Meatloaf* Mashed Potatoes Green Beans Tuna Salad Sandwich Fresh Salad Bar	14 Pizza Assortment* Sweet Potato Fries Hot Dog Fresh Salad Bar	
WEEK 3 September 17 – 21	17 Red Beans w/ Sausage & Brown Rice* Okra & Tomatoes Corn Bread Italian Meatball Sand Fresh Salad Bar	18 Breaded Chicken Patty on Bun* Mashed Sweet Potatoes Buttered Corn Shrimp & Okra Gumbo Fresh Salad Bar	19 Chicken and Sausage Jambalaya Broccoli & Parmesan Garlic Roll Ham and Cheese Wrap* Fresh Salad Bar	20 Alfredo Pasta* Brussels Sprouts & Herbs Garlic Bread Sticks Turkey & Swiss Wrap Fresh Salad Bar	21 Pizza Assortment* Cauliflower & Parmesan Hot Dog Fresh Salad Bar	
WEEK 4 September 24 – 28	24 White Beans & Brown Rice* Stewed Turnip Greens Corn Bread Chicken Salad Sandwich Fresh Salad Bar	25 BRUNCH FOR LUNCH* Scrambled Eggs Bacon WW Waffle Fresh Fruit Italian Meatball Sand Fresh Salad Bar	26 Spaghetti & Meatball* Green Beans Garlic Bread Ham & Cheese Sand Fresh Salad Bar	27 Chicken & Andouille Gumbo w/ Brown Rice Corn & Peas Fresh Roll Grilled Chicken Parmesan Sandwich* Fresh Salad Bar	28 Personal Pizza* Sweet Potato Fries Hot Dog Fresh Salad Bar	



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October 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 October 1 - 5	1 NO SCHOOL FALL BREAK	2 NO SCHOOL FALL BREAK	3 NO SCHOOL FALL BREAK	4 NO SCHOOL FALL BREAK	5 NO SCHOOL FALL BREAK	
WEEK 2 October 8 - 12	8 <ul style="list-style-type: none"> ☉ Red Beans w/ Sausage & Brown Rice* ☉ Okra & Tomatoes Corn Bread ☉ Grilled Chicken Sand Fresh Salad Bar 	9 <ul style="list-style-type: none"> ☉ Chicken Tenders Grilled Tenders* ☉ WW Mac & Cheese ☉ Steamed Broccoli Fresh Roll ☉ Turkey Burger on Bun Fresh Salad Bar 	10 <ul style="list-style-type: none"> ☉ Shredded Chicken Burritos ☉ Black Beans ☉ Loaded Potato Soup ☉ Italian Meatball Sandwich* Fresh Salad Bar 	11 <ul style="list-style-type: none"> ☉ Breaded Chicken Patty on Bun* ☉ Mashed Sweet Potatoes ☉ Green Beans ☉ Tuna Salad Sandwich Fresh Salad Bar 	12 <ul style="list-style-type: none"> ☉ Pizza Assortment* ☉ Broccoli & Parmesan Hot Dog Fresh Salad Bar 	
WEEK 3 October 15 - 19	15 <ul style="list-style-type: none"> ☉ Baked Chicken Parmesan* ☉ Italian Veg Medley Garlic Bread Ham & Cheese Sandwich Fresh Salad Bar 	16 <ul style="list-style-type: none"> ☉ Cheeseburger on Bun* ☉ Baby Carrots Fries ☉ Chicken Salad Sandwich Fresh Salad Bar 	17 <ul style="list-style-type: none"> ☉ Spaghetti & Meatball* ☉ Steamed Broccoli Garlic Bread ☉ Italian Meatball Sand Fresh Salad Bar 	18 <ul style="list-style-type: none"> ☉ Shrimp & Okra Gumbo w/ Brown Rice Sweet Corn Fresh Roll ☉ Grilled Chicken Sand* Fresh Salad Bar 	19 <ul style="list-style-type: none"> ☉ Personal Pizza* ☉ Sweet Potato Fries Hot Dog Fresh Salad Bar 	
Week 4 October 22 - 26	22 <ul style="list-style-type: none"> ☉ White Beans & Brown Rice* ☉ Stewed Turnip Greens Corn Bread ☉ Italian Meatball Sand Fresh Salad Bar 	23 <ul style="list-style-type: none"> ☉ Chicken Tenders* ☉ Grilled Tenders ☉ VW Mac & Cheese ☉ Green Beans ☉ Turkey & Swiss Wrap Fresh Salad Bar 	24 BRUNCH FOR LUNCH* <ul style="list-style-type: none"> ☉ Scrambled Eggs Bacon ☉ WW Waffle ☉ Fresh Fruit ☉ Ham & Cheese Wrap Fresh Salad Bar 	25 <ul style="list-style-type: none"> ☉ WW Alfredo Pasta* ☉ Baby Carrots Garlic Bread ☉ Grilled Chicken Sand Fresh Salad Bar 	26 <ul style="list-style-type: none"> ☉ Pizza Assortment* ☉ Cauliflower & Parmesan Hot Dog Fresh Salad Bar 	



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November 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 10/29-11/2	10/29 <ul style="list-style-type: none"> ☞ Red Beans w/ Sausage & Brown Rice* ☞ Okra & Tomatoes ☞ Grilled Chicken Sand ☞ Fresh Salad Bar 	10/30 <ul style="list-style-type: none"> ☞ Chicken Tenders ☞ Grilled Tenders* ☞ WW Mac & Cheese ☞ California Veg Medley ☞ Turkey & Swiss Wrap ☞ Fresh Salad Bar 	10/31 <ul style="list-style-type: none"> ☞ Shredded Chicken Tacos* ☞ Black Beans ☞ Spanish Brown Rice ☞ Ham & Cheese Sandwich ☞ Fresh Salad Bar 	11/1 <p style="text-align: center;">NO SCHOOL Faculty In-Service Day</p>	2 <ul style="list-style-type: none"> ☞ Personal Pizza* ☞ Sweet Potato Fries ☞ Hot Dog ☞ Fresh Salad Bar 	
WEEK 2 November 5 – 9	5 <ul style="list-style-type: none"> ☞ White Beans & Brown Rice* ☞ Creamed Spinach ☞ Corn Bread ☞ Chicken Salad Sandwich ☞ Fresh Salad Bar 	6 <ul style="list-style-type: none"> ☞ Chicken Parm Sandwich ☞ Italian Veg Medley ☞ Sweet Potato Fries ☞ Ham & Cheese Wrap* ☞ Fresh Salad Bar 	7 <ul style="list-style-type: none"> ☞ Tomato Basil Soup ☞ Grilled Cheese Sandwich ☞ Sugar Snap Peas ☞ Italian Meatball Sand* ☞ Fresh Salad Bar 	8 <ul style="list-style-type: none"> ☞ Chicken Patty on Bun* ☞ Fries ☞ Baby Carrots ☞ Turkey & Swiss Wrap ☞ Fresh Salad Bar 	9 <ul style="list-style-type: none"> ☞ Pizza Assortment* ☞ California Veg Medley ☞ Hot Dog ☞ Fresh Salad Bar 	
WEEK 3 November 12 – 16	12 <ul style="list-style-type: none"> ☞ Red Beans w/ Sausage & Brown Rice* ☞ Okra & Tomatoes ☞ Corn Bread ☞ Grilled Chicken Sand ☞ Fresh Salad Bar 	13 <ul style="list-style-type: none"> ☞ Chicken Tenders* ☞ Grilled Tenders ☞ WW Mac & Cheese ☞ Green Beans ☞ Fresh Roll ☞ Fresh Salad Bar 	14 <p style="text-align: center;">BRUNCH FOR LUNCH*</p> <ul style="list-style-type: none"> ☞ Scrambled Eggs ☞ Bacon ☞ WW Waffle ☞ Fresh Fruit ☞ Ham & Cheese Wrap ☞ Fresh Salad Bar 	15 <ul style="list-style-type: none"> ☞ Chicken Noodle Soup ☞ Mashed Potatoes ☞ Baby Carrots ☞ Garlic Bread ☞ Turkey & Swiss Wrap* ☞ Fresh Salad Bar 	16 <ul style="list-style-type: none"> ☞ Personal Pizza* ☞ Green Beans ☞ Hot Dog ☞ Fresh Salad Bar 	
Week 4 November 19 – 23	19 <ul style="list-style-type: none"> ☞ Brown Bag Lunch ☞ No Lunch Service 	20 <ul style="list-style-type: none"> ☞ NOON Dismissal ☞ No Lunch Service 	21 <ul style="list-style-type: none"> ☞ Thanksgiving Holiday 	22 <ul style="list-style-type: none"> ☞ Thanksgiving Holiday 	23 <ul style="list-style-type: none"> ☞ Thanksgiving Holiday 	



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December 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 November 26 –30	11/ 26 <ul style="list-style-type: none"> ☉ White Beans & Brown Rice* ☉ Creamed Spinach ☉ Corn Bread ☉ Italian Meatball Sandwich ☉ Fresh Salad Bar 	11/27 <ul style="list-style-type: none"> ☉ Chicken Tenders ☉ Grilled Tenders* ☉ WW Mac & Cheese ☉ Steamed Broccoli ☉ Turkey & Swiss Sand ☉ Fresh Salad Bar 	11/28 <ul style="list-style-type: none"> ☉ Chicken Creole w/ Brown Rice* ☉ Okra & Tomatoes ☉ Fresh Roll ☉ Ham and Cheese Sand ☉ Fresh Salad Bar 	11/29 <ul style="list-style-type: none"> ☉ Chicken & Andouille Gumbo w/ Brown Rice ☉ Fresh Roll ☉ Baby Carrots ☉ Grilled Chicken Sand* ☉ Fresh Salad Bar 	11/30 <ul style="list-style-type: none"> ☉ Pizza Assortment* ☉ Sweet Potato Fries ☉ Hot Dog ☉ Fresh Salad Bar 	
WEEK 2 December 3 – 7	3 <ul style="list-style-type: none"> ☉ Red Beans w/ Sausage & Brown Rice* ☉ Stewed Turnip Greens ☉ Italian Meatball Sandwich ☉ Fresh Salad Bar 	4 <ul style="list-style-type: none"> ☉ Grilled Chicken Sand* ☉ Sweet Potato Fries ☉ Green Peas ☉ Turkey & Swiss Sandwich ☉ Fresh Salad Bar 	5 BRUNCH FOR LUNCH* <ul style="list-style-type: none"> ☉ Scrambled Eggs ☉ Turkey Sausage ☉ WW Waffle ☉ Fresh Fruit ☉ Chicken Salad Sand ☉ Fresh Salad Bar 	6 <ul style="list-style-type: none"> ☉ VW Alfredo pasta* ☉ Baby Carrots ☉ Garlic Bread ☉ BBQ Shredded Chicken Sandwich ☉ Fresh Salad Bar 	7 <ul style="list-style-type: none"> ☉ Personal Pizza* ☉ Cauliflower & Cheese ☉ Hot Dog ☉ Fresh Salad Bar 	
WEEK 3 December 10 - 14	10 <ul style="list-style-type: none"> ☉ Red Beans w/ Sausage & Brown Rice* ☉ Green Beans ☉ Corn Bread ☉ Turkey and Swiss Sand ☉ Fresh Salad Bar 	11 <ul style="list-style-type: none"> ☉ Cheeseburger on Bun* ☉ Sweet Potato Fries ☉ Italian Veg Medley ☉ Italian Meatball Sandwich ☉ Fresh Salad Bar 	12 <ul style="list-style-type: none"> ☉ Tomato Basil Soup ☉ Grilled Cheese Sand* ☉ Cauliflower & Parmesan ☉ Tuna Salad Sandwich ☉ Fresh Salad Bar 	13 <ul style="list-style-type: none"> ☉ Shrimp & Okra gumbo w/ Brown Rice ☉ Fresh Roll ☉ Baby Carrots ☉ Ham & Cheese Wrap* ☉ Fresh Salad Bar* 	14 <ul style="list-style-type: none"> ☉ Pizza Assortment* ☉ Broccoli & Cheese ☉ Hot Dog ☉ Fresh Salad Bar 	
WEEK 4 December 17 - 21	17 <ul style="list-style-type: none"> ☉ White Beans & Brown Rice* ☉ Creamed Spinach ☉ Corn Bread ☉ Chicken Salad Sand ☉ Fresh Salad Bar 	18 <ul style="list-style-type: none"> ☉ Chicken Tenders* ☉ Grilled Tenders ☉ WW Mac & Cheese ☉ California Veg Medley ☉ Turkey & Swiss Sand ☉ Fresh Salad Bar 	19 <ul style="list-style-type: none"> ☉ Spaghetti & Meatball* ☉ Steamed Broccoli ☉ Garlic Bread ☉ Italian Meatball Sandwich ☉ Fresh Salad Bar 	20 <p style="text-align: center;">Christmas Break</p>	21 <p style="text-align: center;">Christmas Break</p>	
WEEK 5 December 24 - 28	24 <p style="text-align: center;">Christmas Break</p>	25 <p style="text-align: center;">Christmas Break</p>	26 <p style="text-align: center;">Christmas Break</p>	27 <p style="text-align: center;">Christmas Break</p>	28 <p style="text-align: center;">Christmas Break</p>	



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January 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 Dec 31- Jan 4	12/31 Christmas Break	1/1 Christmas Break	2 Christmas Break	3 <ul style="list-style-type: none"> ☉ WW Alfredo Pasta* ☉ Baby Carrots ☉ Garlic Bread ☉ Turkey and Swiss Wrap ☉ Fresh Salad Bar 	4 <ul style="list-style-type: none"> ☉ Personal Pizza* ☉ Sweet Potato Fries ☉ Hot Dog ☉ Fresh Salad Bar 	
WEEK 2 January 7 - 11	7 <ul style="list-style-type: none"> ☉ Red Beans w/ Sausage & Brown Rice* ☉ Stewed Greens ☉ Corn Bread ☉ Turkey and Swiss Sand ☉ Fresh Salad Bar 	8 <ul style="list-style-type: none"> ☉ Cheeseburger on Bun ☉ Waffle Fries ☉ Broccoli & Cheese ☉ Ital. Meatball Sand* ☉ Fresh Salad Bar 	9 <ul style="list-style-type: none"> ☉ Tomato Basil Soup* ☉ Grilled Cheese Sandwich ☉ Buttered Corn ☉ Turkey and Swiss Wrap ☉ Fresh Salad Bar 	10 <ul style="list-style-type: none"> ☉ Shrimp & Okra Gumbo w/ brown rice* ☉ Fresh Roll ☉ Baby Carrots ☉ Ham and Swiss Sand ☉ Fresh Salad Bar 	11 <ul style="list-style-type: none"> ☉ Pizza Assortment* ☉ California Veg Medley ☉ Hot Dog ☉ Fresh Salad Bar 	
WEEK 3 January 14 - 18	14 MLK Day No Lunch Service	15 <ul style="list-style-type: none"> ☉ Chicken Tenders ☉ Grilled Tenders* ☉ WW Mac & Cheese ☉ Green Beans ☉ Dinner Roll ☉ Turkey and Swiss Sand ☉ Fresh Salad Bar 	16 <ul style="list-style-type: none"> ☉ Chicken and Sausage Jambalaya ☉ Steamed Broccoli ☉ Garlic Rolls ☉ Ham and Cheese Wrap* ☉ Fresh Salad Bar 	17 <ul style="list-style-type: none"> ☉ WW Alfredo Pasta* ☉ Baby Carrots ☉ Garlic Bread Sticks ☉ Tuna Salad Sand. ☉ Fresh Salad Bar 	18 <ul style="list-style-type: none"> ☉ Personal Pizza* ☉ Sweet Potato Fries ☉ Hot Dog ☉ Fresh Salad Bar 	
Week 4 January 21 - 25	21 <ul style="list-style-type: none"> ☉ White Beans & Brown Rice* ☉ Creamed Spinach ☉ Dinner Roll ☉ Italian Meatball Sand ☉ Fresh Salad Bar 	22 BRUNCH FOR LUNCH* <ul style="list-style-type: none"> ☉ Scrambled Eggs ☉ Bacon ☉ WW Waffle ☉ Turkey and Swiss Sand ☉ Fresh Fruit ☉ Fresh Salad Bar 	23 <ul style="list-style-type: none"> ☉ Chicken Creole* ☉ Brown Rice ☉ Peas ☉ Fresh Roll ☉ Ham and Cheese Sand. ☉ Fresh Salad Bar 	24 <ul style="list-style-type: none"> ☉ Chicken & Andouille Gumbo w Brown Rice ☉ Fresh Roll ☉ Baby Carrots ☉ Grilled Chicken Sand* ☉ Fresh Salad Bar 	25 <ul style="list-style-type: none"> ☉ Pizza Assortment* ☉ Broccoli & Cheese ☉ Hot Dog ☉ Fresh Salad Bar 	
Week 5 Jan 29 – Feb 2	1/29 <ul style="list-style-type: none"> ☉ Red Beans w/ Sausage & Brown Rice* ☉ Okra & Tomatoes ☉ Grilled Chicken Sand ☉ Fresh Salad Bar 	1/30 <ul style="list-style-type: none"> ☉ Chicken Tenders* ☉ Grilled Tenders ☉ WW Mac & Cheese ☉ Baby Carrots ☉ Turkey & Swiss Sand ☉ Fresh Salad Bar 	1/31 <ul style="list-style-type: none"> ☉ Shredded Chicken Tacos* ☉ Spanish Rice ☉ Black Beans ☉ Chicken & Swiss Wrap ☉ Fresh Salad Bar 	2/1 <ul style="list-style-type: none"> ☉ WW Alfredo Pasta* ☉ Sugar Snap Peas ☉ Garlic Bread ☉ Ham & Cheese Sand ☉ Fresh Salad Bar 	2/2 <ul style="list-style-type: none"> ☉ Personal Pizza* ☉ Creamed Spinach ☉ Hot Dog ☉ Fresh Salad Bar 	



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