

Bless what we are about to begin
 Open our eyes to discover,
 our ears to listen
 Open our hearts to care
 Bless those who will
 teach us and serve us.
 Bless those who will
 guide and encourage us.



St. John the Evangelist Catholic School

Lunch Menu September 2011



Welcome



Back!

Virtue of the month: JOY!

Mon Tue Wed Thu Fri

Aug./Sept. Highlights
August
 30 First Day of School!
September
 1 Prayer Service JOY!
 2-5 Labor Day Break
 6 First All School Mass 8:30 AM
 9 8th Grade Retreat
 15 Applefest begins
 16-19 Applefest Break
 20 Picture Day
 30 No School Teachers at Conference




Healthy Snaking

Now that we are back in school the right kinds of snacks can keep us full of healthy energy. Remember portion control.
Think nutritious content:
 Protein, Carbohydrate & Fiber
 Popcorn without the butter!
 Banana or Apple
 Handful of nuts
 Veggies and Hummus
 A little can go along way between meals.

Healthy Sleeping

Children ages 5-12 need 10 hours of sleep.
 Set a specific regular wake up and sleep pattern
 Reduce your child's caffeine intake, especially during evening hours.
 Reduce electronic interaction at least 1 hour before bed. A constant stream of media, in any form, causes the body to stay alert.
 Create a calm bedtime routine. Reading books is the age-old effective method.

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| Lunch Prices | |
| Student Ala-Carte | 1.75 |
| Student Lunch | 2.50 |
| Adult Ala-Carte | 2.00 |
| Adult Lunch | 3.00 |
| Breakfast | 1.25 |

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|--|---|---|--|--|
| | 30 Bosco Stix Hot Dog Corn Fruit Milk Muffin | 31 Chicken Quesada Cheeseburger Salad Bar Fruit Milk | 1 Mini Corn Dogs Chicken Pattie Carrots Fruit Milk | 2 NO SCHOOL |
| 5 Labor Day <i>Lord on this Labor Day, we celebrate the work we do, and we thank You for the blessing of our jobs. We ask for those seeking employment that You guide them in their search for work.</i> | 6 Ravioli w/ Bread Stix Grilled Chicken Green Beans Fruit Milk | 7 French Toast w/ Sausage Cheeseburger Oven Potato Assorted Juice Milk | 8 Walking Taco Chicken Pattie Corn Fruit Milk | 9 Popcorn Chicken Hot Dog Oven Potato Fruit Milk |
| 12 Pepperoni Bosco Grilled Chicken Green Beans Fruit Milk | 13 Mac & Cheese Mi ni Corn Dog Carrots Fruit Milk | 14 Chicken Rings Cheeseburger Corn Fruit Milk Mini Ice Cream | 15 Bosco Stix Hot Dog w/ Chips Salad Bar Fruit Milk | 16 NO SCHOOL APPLEFEST!  www.stjohnapplefest.org/events-calendar.html |
| 19 NO SCHOOL  | 20 Chicken Quesadilla Hot Dog Corn Fruit Milk | 21 Sweet-n-Sour Chicken Cheeseburger Rice Salad Bar Fruit, Milk Fortune Cookie | 22 Nacho Supreme Ham & Cheese Salad Bar Fruit Milk | 23 Chicken Fries Mini Corn Dogs Salad Bar Fruit Milk |
| 26 Ravioli w/Bread Stix Chicken Pattie Green Beans Fruit Milk | 27 Pepperoni Bosco Stix Hot Dog w/ Chips Fruit Muffin Milk | 28 French Toast w/ Sausage Cheeseburger Oven Potato Fruit Assorted Juice Milk | 29 Spaghetti w/ Garlic Bread Grilled Chicken Salad Bar Fruit Milk | 30 No School  Michigan Catholic Conference |

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