



ST. PAUL'S SCHOOL
Department of Food Services

* MENU *



FOR THE WEEK OF
May 28th thru June 3rd
2017



SUNDAY 5/28 CONTINENTAL BREAKFAST	MEMORIAL DAY 5/29 BREAKFAST 6:45 - 7:45 a.m.	TUESDAY 5/30 BREAKFAST 6:45 - 7:45 a.m.	WEDNESDAY 5/31 BREAKFAST 6:45 - 8:15 a.m.	THURSDAY 6/1 BREAKFAST 6:45 - 7:45 a.m.	FRIDAY 6/2 BREAKFAST 6:45 - 7:45 a.m.	SATURDAY 6/3 BREAKFAST 6:45 - 8:15 a.m.
<p>7 - 9 a.m. Chilled Juices - Fresh Fruit Assorted Hot/Cold Cereal Bagels/English/Artisan Breads <i>at the toaster</i> Assorted Breakfast Pastries</p> <p>BRUNCH 9 a.m.</p> <p>Omelets to order Eggs Benedict to order Smoothie of the Day Make your own Belgian Waffles <i>Assorted Toppings</i> French Toast Whole Wheat Pancakes - <i>Warm Syrup</i> Grilled Bacon Grilled Sausage Breakfast Potatoes</p> <p>CONTINUED 11 a.m.</p> <p>Soup du Jour Fresh Fruit Bar Tossed Salad - <i>Dressings</i> Chef's Choice Entree <u>Vegetarian Casserole</u> Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Soft Serve Ice Cream Coffee Cake</p> <p>***All menus subject to change*** <u>Underlined</u> items indicate "Vegetarian" <i>"(v)" items indicate "Vegan"</i></p> <p>DINNER 5:30 - 7 p.m.</p> <p>Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> Asian, Steamed and Brown Rice Asian Noodle Bar BBQ Pulled Pork Sliders London Broil - <i>with Mushroom Sauce</i> <u>Tofu Stir-Fry</u> Oven Roasted Potatoes Steamed Fresh Carrots Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Gifford's Ice Cream Bar</p>	<p>Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English/Artisan Breads <i>at the toaster</i> Hard Cooked Eggs Omelets to order Scrambled Eggs Croissant Breakfast Breakfast Potatoes Banana Pancakes - <i>Warm Syrup</i></p> <p>LUNCH 11 - 1 p.m.</p> <p>Salad Bar Deli Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> <i>Pesto Sauce Pesto Cheese Ravioli</i> Beef Vegetable Soup <u>Spring Vegetable Soup</u> Homemade Pizza - <i>Meatlovers & 4 Cheese</i> <u>Quinoa and Farro Bake (v)</u> Roasted Sweet Potatoes Fresh Asparagus Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Gifford's Ice Cream Bar</p> <p>DINNER 5:30 - 7 p.m.</p> <p>Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> MYO Stir-Fry Chinese Pepper Steak Kung Pao Chicken <u>Mapo Tofu</u> Lo Mein Fresh Green Beans Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Chocolate Brownies</p>	<p>Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English/Artisan Breads <i>at the toaster</i> Hard Cooked Eggs Omelets to order Scrambled Eggs Croissant Breakfast Breakfast Potatoes Grilled Bacon Grilled Sausage French Toast - <i>Warm Syrup</i> Assorted Muffins</p> <p>LUNCH 11 - 1 p.m.</p> <p>Salad Bar Deli Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> <i>Alfredo Sauce Cheese Tortellini</i> <u>Onion Soup</u> Chicken Noodle Soup Chicken Tenders - <i>Assorted Sauces</i> Baked Ziti and Sweet Sausage Casserole <u>Chickpeas with Quinoa and Craisins</u> Potato Puffs Steamed Spinach Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Pound Cake with Strawberries</p> <p>DINNER 5:30 - 7 p.m.</p> <p>COOK-OUT Gordon Rink</p> <p>Hamburgers - Hot Dogs Black Bean Burgers Tabbouleh Salad Carrot Sticks - Celery Sticks Hummus Blonde Brownies Watermelon Lemonade - Ice Water - Milk</p> <p>Dining Hall Closed for VI Form Prom Banquet</p>	<p>Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English/Artisan Breads <i>at the toaster</i> Omelets to order Scrambled Eggs Bagel Breakfast Make your own Belgian Waffles <i>Assorted Toppings</i> Breakfast Potatoes Blueberry Pancakes - <i>Warm Syrup</i></p> <p>LUNCH 11 - 1 p.m.</p> <p>Salad Bar Hot Dog Bar Deli Bar Hot Buttered Popcorn Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> <i>Red Clam Sauce Butternut Ravioli</i> <u>Minestone Soup</u> Corn Chowder Grilled Sliced Roast Beef, Cheddar, Tomato & Horseradish Mayonnaise on Artisan Pepper Jack Bread Linguini with <i>Shrimp, Asparagus & Basil</i> <u>Chickpea Curry</u> Fresh Broccoli Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Gifford's Ice Cream Bar</p> <p>DINNER 5:30 - 7 p.m.</p> <p>Soup du jour Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> MYO Stir-Fry Chicken Mole Poblano Southwestern Steak Tips Vegetarian Quinoa Chili Cilantro Lime Rice Corn, Zucchini & Peppers Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Gifford's Ice Cream Bar</p>	<p>Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English/Artisan Breads <i>at the toaster</i> Hard Cooked Eggs Omelets to order Scrambled Eggs Croissant Breakfast Breakfast Potatoes Grilled Bacon Grilled Sausage French Toast - <i>Warm Syrup</i> Assorted Muffins</p> <p>LUNCH 11 - 1 p.m.</p> <p>Salad Bar Deli Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> <i>Spicy Marinara Sauce Vegan Tortellini</i> Shrimp Bisque <u>Leek & Wild Rice Soup</u> BREAKFAST FOR LUNCH <i>Scrambled Eggs</i> <i>Corned Beef Hash and Eggs</i> <i>Chocolate Chip Pancakes - Warm Syrup</i> <u>Aloo Matar</u> Home Fried Potatoes Fresh Zucchini & Summer Squash Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Peanut Butter Balls</p> <p>DINNER 5:30 - 7 p.m.</p> <p>COOK-OUT Gordon Rink</p> <p>Charcoal Grilled Steak Tips BBQ Pulled Pork Sandwich Veggie Burgers Corn on the Cob Cole Slaw Strawberry Shortcake Watermelon Lemonade - Ice Water - Milk</p> <p>Dining Hall Closed for Alumni Association Induction Dinner for the VI Form</p>	<p>Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English/Artisan Breads <i>at the toaster</i> Hard Cooked Eggs Omelets to order Scrambled Eggs Croissant Breakfast Cinnamon French Toast - <i>Warm Syrup</i> Breakfast Potatoes</p> <p>LUNCH 11 - 1 p.m.</p> <p>Salad Bar Deli Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> Clam Chowder <u>Chilled Strawberry Soup</u> Fresh, Local, Sustainable Seafood Catch of the Day</p> <p>Chicken Fajitas <u>Black Bean Fajitas</u> <u>Penne Pesto Pasta</u> Spanish Rice Fresh Asparagus Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt Gifford's Ice Cream Bar</p> <p>DINNER 5:30 - 7 p.m.</p> <p>COOK-OUT Gordon Rink</p> <p>Sweet Italian Sausage <i>with Peppers & Onions</i> Montreal Spiced Chicken Legs & Thighs Macaroni and Cheese Cole Slaw Cold Marinated Vegetables Rice Krispie Squares Assorted Apple Bowl Lemonade - Ice Water - Milk</p> <p>Dining Hall Closed for 50th/Senior Forms Reunion Dinners</p>	<p>Chilled Juices Smoothie Bar Assorted Hot/Cold Cereal Fresh Fruit and Yogurt Bar Bagels/English/Artisan Breads <i>at the toaster</i> Omelets to order Scrambled Eggs Bagel Breakfast Make your own Belgian Waffles <i>Assorted Toppings</i> Breakfast Potatoes Grilled Bacon Grilled Sausage Banana Pancakes - <i>Warm Syrup</i> Assorted Muffins</p> <p>LUNCH 10:30 - 1:30 p.m.</p> <p>FORMS III, IV, V, STAFF FACULTY & FAMILIES Coit Dining Hall</p> <p>Roast Sliced Breast of Turkey <i>with</i> <i>Lettuce, Tomato and Swiss Cheese</i> <i>on a Brioche Roll</i> <i>Mayonnaise - Dijon Mustard</i> Cape Cod Kettle Chips Chocolate Chunk Manifesto Cookie Wheatberry Salad Red Delicious Apple Fresh Banana Granite State Spring Water</p> <p>DINNER 5:30 - 7 p.m.</p> <p>New England Baked Beans & Franks <i>with Brown Bread</i> Salad Bar Assorted Hot/Cold Cereal <u>Assorted Pasta & Sauces</u> Asian, Steamed & Brown Rice MYO Stir-Fry Baked Virginia Ham <i>Whole Grain Mustard Sauce</i> Meat Lasagna <u>Spinach Lasagna</u> Baked Potatoes - <i>Butter, Sour Cream</i> Whipped Butternut Squash Sweet Peas Assorted Breads, Rolls & Bagels Jello - Pudding - Fresh Fruit Bar Novelties - Frozen Yogurt MYO Gifford's Sundae Bar</p>

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more than 20,000 Union and Confederate soldiers buried there.

New York was the first state to officially designate the holiday in 1873. By 1890, all the Northern states had established an official Decoration Day. Southern states, however, honored their dead on separate days, not recognizing the May 30 date until after the holiday was changed from honoring those who died fighting the Civil War to honoring Americans who died fighting in any war.

In 1971, Congress passed the National Holiday Act which, ensured a three-day weekend for federal holidays, and the observance of Memorial Day was designated for the last Monday in May. Several southern states continue to have a separate day for honoring the Confederate war dead.

You'll notice that veterans will distribute poppies prior to Memorial Day. In 1915, Moina Michael wrote a poem:

"We cherish too, the Poppy red

That grows on fields where valor led

It seems to signal to the skies

That blood of heroes never dies."

She was the first to wear a poppy on Memorial Day in honor of those who died serving our nation. She sold the poppies to friends and co-workers with the money going to benefit servicemen in need. In 1922, the VFW (Veterans of Foreign War) became the first veterans' organization to nationally sell the poppies.

Today, VFW members and American Legion Auxiliary volunteers distribute millions of the bright, red poppies in exchange for contributions to assist disabled and hospitalized veterans. The hospitalized veterans who make the flowers earn a small wage, which helps to supplement their incomes and contributes to their self-sufficiency. Donations are used exclusively to assist and support veterans and their families.

The poppy also reminds the community of the past sacrifices and continuing needs of our veterans. The poppy has become a nationally known and recognized symbol of sacrifice and is worn to honor the men and women who served and died for their country in all wars.

Additionally, these organizations join with volunteers to ensure that our flag decorates the grave of every American who died in the service of our United States.

It does not matter which town was first or what the day is called. What is important is that we have a Memorial Day — a day to reflect, remember and thank those who made the ultimate sacrifice so we can be free.

Happy Memorial Day.

Former Lucas County Commissioner Maggie Thurber blogs regularly at <http://thurberthoughts.blogspot.com/>



"Strive mightily but eat and drink as friends"

Bon Appétit



THE WEEKLY MENU & NEWSLETTER OF SPS FOOD SERVICES

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The History of Memorial Day

Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in our nation's service. It was the tradition to 'decorate' the graves of those fallen in service to our country during the Civil War. Over time, it was renamed Memorial Day and the practice of decorating graves was extended to those who died in all U.S. wars.

No one is sure where Memorial Day began, as more than two dozen cities and towns claim to be the birthplace of the day, and there are many stories about how it started.

Officially, Waterloo, N.Y., was declared the birthplace by President Lyndon Johnson in May 1966. Waterloo — which had first celebrated the day on May 5, 1866 — was chosen because the town had made Memorial Day an annual, community-wide event during which businesses closed and residents decorated the graves of soldiers with flowers and flags.

However, a hymn published in 1867 by Nella Sweet carried a dedication "To The Ladies of the South who are Decorating the Graves of the

Confederate Dead." It is believed that women's groups in the South were decorating the graves of fallen soldiers before the end of the Civil War.

Most believe that the honoring of the war dead was practiced in cities and towns across the nation, giving rise to a movement that resulted in an official proclamation in 1868 by Gen. John A. Logan of the Grand Army of the Republic, an organization of former sailors and soldiers. On May 5, 1868, Gen. Logan issued General Order No. 11:

"The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land. In this observance, no form of ceremony is prescribed, but posts and comrades will in their own way arrange such fitting services and testimonials of respect as circumstances may permit."

On that day, Gen. James Garfield made a speech at Arlington National Cemetery, followed by 5,000 participants decorating the graves of the

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