



The Knight's Tablet

"Put on the armor of God and fight the good fight of faith." – St. Paul

August 21, 2019

Upcoming Events

September 1~ Parish Picnic

September 2~ No School /
Labor Day

September 5~ Picture Day

September 6~ Noon Dismissal /
Faculty Meeting.

September 12~ SPPTO Meeting
@6:30PM

September 16 ~ Skills Testing
will begin.

Dear Parents,

WELCOME BACK TO SCHOOL!
First quarter we will be working on the
virtue of **HUMILITY** - the willingness to
think first of others and of God, and
the ability to give ourselves to God
and to others for God's sake.

**"Do nothing out of selfish ambition or
vain conceit, but in humility consider
others better than yourselves.**

Philippians 2:3

**What are ways you can show
humility?**

PLEASE REMEMBER:

Parish Picnic~ The work list is available
at the back of Church!

Blessings to All!

Mrs. Kelly Kaimann

Servers Schedule

August 22 Payten Christ and Cade Fischer

August 23 Meghan Fowle and Clayton Givens

August 24 4:30pm Chase and Kennedy Hoff

August 25 7:00am Eli & Josie Mullenschlager
9:00am Lexi Osterholt and Morgan Prudlow
11:00am John Schultz and Marianne Vomund

August 26 Owen Hemmer and Liam Huggins

August 27 Michael Militello and Ella Schultz

August 28 Zach Von Bokel and Levi Fischer



School News /Reminders

*Please pray for....
Those who are sick and
those who have passed*

**School Picture
Day** is
Thursday, Sept 5.
Packets will be
coming home
with the students
today.

LEARN HOW TO DONATE WITH
Coca-Cola GIVE

<https://us.coca-cola.com/give/>





We LOVE
Music
Class!



5th Graders
excited about the
first day of school!



St. Paul Parish Picnic

Sunday, September 1, 2019

St. Paul, Mo

Mass at 11 a.m.

Father Gerald Blessing

Hand Made Quilts

Dolls & Crafts

Children's Games

(Inflatables, Duck Pond, Jungle Game, Kids Train,
Grab Bags, Kiddy Raffle, Hay Ride)

Country Store

Games & Various Booths

(Chuck-A-Luck, Instant Bingo, Poker, Texas Holdem)

**Prime Kettle Beef
and Chicken Dinner**
Dinner 11 a.m. – 7 p.m.

“All You Can Eat” Dinner

Air Conditioned Dining & Carry Out Available

**Beef cooked the old way
Iron kettles & wood fire**

20th Anniversary Grand Raffle
\$40,000 in GIVEAWAYS!

\$20,000 Grand Prize Guaranteed!

2nd - 7th Prizes: \$2,000 8th - 47th Prizes: \$200

Drawing limited to 4,000 tickets

Continuous Entertainment

Two Stages and Two large outdoor Dance Floors

West End

12:30pm - 4:30pm **Ghost Town Salooners**

5:00pm – **Tribute to the Flag VFW Post # 5077**

6:30pm – 9:30pm **Common Ground**

East End

11:30am - 2:30pm **Lincoln County Express Band**

3pm – 7pm **The Homesteaders**

Directions from St. Louis/St. Charles Counties

Take I-70 to Hwy 79 North (Exit 220)
5.5 miles to Hackmann Road. Follow signs.

Directions from O'Fallon

Take Hwy K to M (Main St.)
Left (west) on Hwy P. Follow the signs.

Need more information?

Visit our website – www.st-paulchurch.org
email us at parishcenter@st-paulchurch.org
or call 636-978-1900, ext 221





ST. PAUL IN ST. PAUL

Healthy Habits Lunch

AUGUST 2019

* = Baked

WG = Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
12	13	14	15	16
				
			HOT LUNCH WELCOME BACK SPECIAL Golden Ruler Sandwich (Grilled Cheese) Pencil Potatoes (Fries) Assorted Crayons (Veggie Sticks) Back to School Surprise Dessert Meeting New Friends Milk <u>ALTERNATE</u> Hot Dog	HOT LUNCH Chicken Parmesan Slider  Grapes Tossed Salad Jell-O Milk, Fat Free <u>ALTERNATE</u> Jumbo Corn Dog
19	20	21	22	23
HOT LUNCH Turkey & Cheese on Skinny Bun Baby Carrots Light Ranch Dressing Fresh Fruit/Seasonal Rice Krispies Treat Milk, Fat Free <u>ALTERNATE</u> Chicken Drumsticks	HOT LUNCH <u>BREAKFAST FOR LUNCH!</u> *Pancake with Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free <u>ALTERNATE</u> French Toast Sticks	HOT LUNCH PAPA JOHNS CHEESE PIZZA CARROTS & CELERY WITH DRESSING CHILLED FRUIT  MILK, FAT FREE <u>NO ALTERNATE</u>	HOT LUNCH *Toasted Ravioli Green Beans Fresh Fruit/Seasonal *Cookie Milk, Fat Free <u>ALTERNATE</u> Bosco Stick with Sauce	HOT LUNCH <u>PASTA DAY</u> Spaghetti with Meat Sauce Green Beans Breadstick 100% Fruit Juice Bar Milk, Fat Free <u>ALTERNATE</u> Chicken Drumstick
26	27	28	29	30
HOT LUNCH Chicken Strips with Bar B Q sauce Corn Lettuce Grapes and Cheese Cubes Milk, Fat Free <u>ALTERNATE</u> Ham & Cheese on Bagel	HOT LUNCH *Chicken Nuggets Mashed Potatoes & Gravy Mixed Vegetables Rainbow Sherbet Milk, Fat Free <u>ALTERNATE</u> Mini Corn Dogs	HOT LUNCH PAPA JOHNS PEPPERONI PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT  MILK, FAT FREE <u>NO ALTERNATE</u>	HOT LUNCH <u>TACOS TODAY!!!</u> Crunchy Taco, WG Spanish Rice, WG Mexicali Corn Churro Milk, Fat Free <u>ALTERNATE</u> Cheese Quesadilla	HOT LUNCH *Popcorn Chicken *Seasoned Fries Fresh Fruit/Seasonal *Homemade Brownie Milk, Fat Free <u>ALTERNATE</u> Cheeseburger
DAILY SPECIALS (GRADES 5-8 ONLY)				
DOUBLE CHEESEBURGER WITH CHIPS \$3.50	2 BOSCO STICKS WITH SAUCE \$3.50	FRENCH BREAD GARLIC WITH SIDE SALAD \$3.50	2 CHICKEN STRIPS WITH FRIES \$3.50	TONY'S 5" PIZZA WITH FRUIT \$3.50

All FSC menus follow the USDA guidelines & Archdiocese Wellness Plan and have been approved by Registered Dietitian Associates, Inc. (does not include alternate entries).



Food Service Consultants, Inc.
"Serving You With Pride"



ST. PAUL IN ST. PAUL

Healthy Habits Lunch

SEPTEMBER 2019

* = Baked

WG = Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
NO SCHOOL 	HOT LUNCH *Chicken Patty Sandwich WG Chips Green Beans Fresh Fruit/Seasonal Milk, Fat Free <u>ALTERNATE</u> Pig in a Blanket	HOT LUNCH PAPA JOHNS CHEESE PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE DONUTS BEFORE SCHOOL \$1.00 CASH ONLY <u>NO ALTERNATE</u>	HOT LUNCH Nachos and Cheese, WG Green Beans Fresh Fruit/Seasonal Churro Milk, Fat Free <u>ALTERNATE</u> Cheeseburger Burrito	1/2 DAY NO FOOD SERVICE
9	10	11	12	13
HOT LUNCH Fettuccini Alfredo with Chicken Steamed Broccoli *Fresh Breadsticks Oreos Milk, Fat Free <u>ALTERNATE</u> Toasted Ravioli	HOT LUNCH *Boneless Chicken Drumsticks Mashed Potatoes with Gravy Fresh Fruit/Seasonal *Fresh Baked Brownie Milk, Fat Free <u>ALTERNATE</u> Mini Corn Dogs	HOT LUNCH CHICK-FIL-A DAY <u>GRADES PK-4</u> CHICKEN SLIDER FRENCH FRIES FRESH FRUIT/SEASONAL MILK, FAT FREE <u>GRADES 5-8</u> LARGE CHICKEN SANDWICH & FRIES \$5.30 <u>NO ALTERNATE</u>	HOT LUNCH <u>BREAKFAST FOR LUNCH!</u> *Waffle with Syrup *Sausage Patty Fresh Fruit/Seasonal Strawberry Yogurt Cup Milk, Fat Free <u>ALTERNATE</u> Egg & Cheese Bagel	HOT LUNCH Manwich Sloppy Joe on WG Bun Green Beans Fresh Fruit/Seasonal Vanilla Ice Cream Milk, Fat Free <u>ALTERNATE</u> Popcorn Chicken
16	17	18	19	20
HOT LUNCH *Popcorn Shrimp *Seasoned Fries Mixed Vegetables *Cookie Milk, Fat Free <u>ALTERNATE</u> Beef Dippers	HOT LUNCH Baked Macaroni & Cheese Green Beans Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free DIRT CUPS \$1.00 CASH ONLY <u>ALTERNATE</u> Hot Dog	HOT LUNCH PAPA JOHNS PEPPERONI PIZZA CARROTS & CELERY WITH DRESSING CHILLED FRUIT MILK, FAT FREE <u>NO ALTERNATE</u>	HOT LUNCH Mini Tacos Corn Fresh Fruit/Seasonal Fresh Baked Brownie Milk, Fat Free <u>ALTERNATE</u> Meatball Sub	HOT LUNCH Chicken Wrap Potato Chips Fresh Fruit/Seasonal Jell-O Milk, Fat Free <u>ALTERNATE</u> Cheese Quesadilla
23	24	25	26	27
HOT LUNCH Frito Taco Boat Corn Fresh Fruit/Seasonal Churro Milk, Fat Free <u>ALTERNATE</u> Chicken Strips	HOT LUNCH *Bosco Stick Spaghetti Sauce Mixed Vegetables Fresh Fruit/Seasonal 100% Fruit Juice Bar Milk, Fat Free <u>ALTERNATE</u> Toasted Ravioli	HOT LUNCH PAPA JOHNS CHEESE PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE <u>NO ALTERNATE</u>	HOT LUNCH BBQ Chicken Drumstick Buttered Noodles Green Beans Vanilla Wafers Milk, Fat Free <u>ALTERNATE</u> Bagel Bites	HOT LUNCH French Toast Sticks Waffle Breaded Chicken Strip Pancake Syrup Fresh Fruit/Seasonal Yogurt Milk, Fat Free <u>ALTERNATE</u> Biscuit & Gravy
30				
HOT LUNCH Cheeseburger on WG Bun *Baked Fries Baby Carrots Fresh Fruit/Seasonal Milk, Fat Free <u>ALTERNATE</u> Chicken Nuggets				



DAILY SPECIALS (GRADES 5-8 ONLY)

TOASTED RAVIOLI
WITH SAUCE \$3.50

BACON CHEESEBURGER
AND CHIPS \$3.50

GRILLED CHEESE
ON TEXAS TOAST \$3.50

GRILLED CHICKEN SANDWICH
WITH CHIPS \$3.50

PRETZEL WITH CHEESE
WITH FRUIT \$3.50

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Community News



DHS Annual Back-To-School Luau!

Saturday, August 24th
doors open at 6:30pm
7- 9:30pm
grades 6, 7, & 8
Bring extra money for snacks!

Pre-register online by Monday, Aug. 19th and pay only \$10 at the door!
\$15 admissions for anyone registering after Aug. 19th.

Register online at duchesne-hs.org/mixer2019.html



Monarch Madness
A Pollinator Festival

FAMILY FUN
FREE PUBLIC EVENT!

Saturday, September 14
10 a.m. to 3 p.m.

ENERGY | Legacy Management

Driving Directions
The Mission Spring Site Interpretive Center is located in southwestern St. Charles County, Missouri, approximately 23 miles west of St. Louis. It is located on Missouri State Route 94, two miles south of the Route 94 and U.S. Highway 40/61 junction.

DRAGON FOR A DAY is October 4th!!!

On Friday, October 4th, 2019 St. Mary's High School will hold its annual Dragon for a Day. The program will run from 8am-12pm and is open to 6th-8th grade boys. The day includes breakfast, a tour of the school, class visits, video game trucks, sports activities, and lunch. Students interested in attending are asked to RSVP to Sam Carel, Director of Admissions at 314-481-8400 x110 or at carels@stmaryshs.com with name of student, grade and T-shirt size.




Join us for our Middle School BACKYARD BASH

St. John Vianney High School & URSULINE ACADEMY

on the St. John Vianney High School campus

Friday, September 6, 2019 5:00 p.m. - 7:00 p.m.

- Food • Fun • Game truck • Inflatable games • Yard games
- After 7 p.m. join Vianney for other events on campus!

This FREE event is an excellent opportunity to celebrate the start of the school year with the Ursuline and Vianney students and staff. Those who register will receive a wristband at check-in.

Register TODAY!

Girls register at www.ursuline.org/backyardbash Boys register at www.vianney.com/backyardbash