



The Knight's Tablet

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

October 9, 2019

Upcoming Events

**October 10~ WALK-A-THON
/Dress Down Day**

October 13-15~Parish Mission

October 18~Trunk-or-Treat

**October 24~ Halloween Party
Day, Noon Dismissal, Parent
Teacher Conferences**

**October 25- November 1~Fall
Break**



Our WALK-A-THON is TOMORROW! It will be a dress down day for all! Please follow the guidelines in the St. Paul handbook! Thank you so much for all of your support!! The event will begin immediately after mass. We are excited to see our students have fun while being healthy with this event! Remember the last day to donate will be October 18.

<https://app.99pledges.com/fund/stpaulscho3>

Servers Schedule

October 10

Morgan Prudlow and John Schultz

October 11

Claire Vogel and Marianne Vomund

October 12

4:30pm Michael Militello and Ella Schultz

October 13

7:00am Sam Byrnes and Clare Griesenauer

9:00am Meghan Fowlie and Lexi Osterholt

11:00am Clayton Givens and Audrina Hoff

October 14

Brett Hoff and Kennedy Hoff

October 15

Nora LaChance and Josie Mullenschlager

October 16

Brennan Rottger and Cole Schoolfield

October 17

Tyler Von Bokel and Daniel Alterson

School News /Reminders

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



IT'S SUBMISSION TIME!



Submit all your Box Tops to your school Coordinator by:

Friday, October 18



LEARN HOW TO DONATE WITH

Coca-Cola GIVE

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



The American Heritage
Girls will be selling baked
goods outside of church
after all Masses the week-
end of October 19 and 20.

Parent - Teacher Conference

Thursday, October 24, 1-8pm.

If you have not signed up to meet with
your child's teacher, please call Miss
Richey in the school office as soon as
possible. **THANK YOU!!**



St. Paul Church

“Dare to be Holy!”

A Parish Mission

Conducted by Bill Wegner
GOOD NEWS INTERNATIONAL
A Catholic lay ministry

**Sun. October 13th, through
Wed. October 16th, 2019**

7:00 PM at in the Church

**Special Session
Monday, Tuesday and Wednesday
After 7:45am Mass**

**~ Everyone Welcome ~
~ Free-Will Offering on the final evening~**

For more information call: 636.978.1900 x.223



Bill Wegner will be joining us to preach our Parish Mission. Bill has traveled all over the world offering engaging and inspirational missions. After a successful business career, Bill felt called to “give it all up” and live on faith preaching God’s word in the Church. Bill comes from a unique perspective and truly understands the struggles of attempting to live a Christian life in a secular world. You will not be disappointed in his real - life stories, wonderful sense of humor and compelling message.

**St. Paul Church
1223 Church Road, St Paul, MO**



Blessing of the Pets



2019 St. Paul's

October 18th 6:30 - 8pm

\$20 a family per car \$10 per child for walk in

The \$20 includes 1 (1 topping) pizza

Additional pizzas for \$7 each (must be preordered)

Please bring candy to distribute NO ALCOHOL

Family Name _____

Pizzas _____

Pep _____

Sau _____

Che _____

Total

Return by 10/11

Make checks payable to St. Paul School

Return bottom portion to school with money and order





ST. PAUL IN ST. PAUL

Healthy Habits Lunch

OCTOBER 2019

* = Baked

WG = Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	HOT LUNCH BLUES HOME OPENER HOCKEY PUCK DRUMMIES TARASENKO TOTS CENTER ICE FROZEN TREATS BETWEEN THE PIPES FRUIT GOALIE MASK MILK  ALTERNATE ZAMBONI HOT DOG	HOT LUNCH PAPA JOHNS PEPPERONI PIZZA CARROTS & CELERY WITH DRESSING CHILLED FRUIT MILK, FAT FREE  DONUTS BEFORE SCHOOL \$1.00 CASH ONLY NO ALTERNATE	HOT LUNCH NATIONAL TACO DAY Crunchy Taco, WG Spanish Rice, WG Mexicali Corn Fresh Fruit/Seasonal Milk, Fat Free  ALTERNATE Cheese Quesadilla	1/2 DAY NO FOOD SERVICE
7	8	9	10	11
HOT LUNCH WORLD TEACHERS DAY TEACHER TOASTED RAVIOLI SCHOOL APPLES LEARNING CARROTS & RANCH EDUCATION COOKIE MATH MILK, FAT FREE  ALTERNATE SCIENCE CHICKEN STRIPS	HOT LUNCH Hamburger on WG Bun Tiny Twist Pretzel Fresh Fruit/Seasonal Rice Krispies Treat Milk, Fat Free ALTERNATE Corn Dog	HOT LUNCH CHICK-FIL-A DAY GRADES PK-4 CHICKEN SLIDER FRENCH FRIES FRESH FRUIT/SEASONAL MILK, FAT FREE  GRADES 5-8 LARGE CHICKEN SANDWICH AD FRIES \$5.30 NO ALTERNATE	HOT LUNCH Grilled Cheese Sandwich, WG Green Beans Fresh Fruit/Seasonal Cookie Milk, Fat Free ALTERNATE Grilled Chicken Sandwich	HOT LUNCH Toasted Cheese Ravioli Spaghetti Sauce Steamed Broccoli Breadstick Vanilla Wafers Milk, Fat Free ALTERNATE Fish Sticks
14	15	16	17	18
HOT LUNCH COLUMBUS DAY NINA BOSCO STICK PINTA MIXED VEGGIES SANTA MARIA APPLESauce 1492 OCEAN BLUE OREOS MAP MILK, FAT FREE  ALTERNATE AMERICA CHICKEN NUGGETS	HOT LUNCH NATIONAL PRETZEL MONTH Turkey, Bacon & Cheese on Skinny Bun Baby Carrots Light Ranch Dressing Chips Mini Rice Krispies Treat Milk, Fat Free  SUNDAE BAR \$1.75 CASH ONLY ALTERNATE PRETZEL WITH CHEESE 	HOT LUNCH PAPA JOHNS CHEESE PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE  NO ALTERNATE	HOT LUNCH NATIONAL PASTA DAY Spaghetti with Meat Sauce Green Beans Breadstick 100% Fruit Juice Bar Milk, Fat Free  ALTERNATE Chicken Drumstick	HOT LUNCH NATIONAL CHILI MONTH Bowl of Chili *Cheddar Goldfish, WG Fresh Fruit/Seasonal Jell-O Milk, Fat Free  ALTERNATE Popcorn Chicken
21	22	23	24	25
HOT LUNCH Chicken Wrap Potato Chips Fresh Fruit/Seasonal Chocolate Pudding Milk, Fat Free ALTERNATE Mini Corn Dogs	HOT LUNCH BREAKFAST FOR LUNCH Biscuit and Gravy Scrambled Eggs Hash Brown Triangle Fresh Fruit/Seasonal Milk, Fat Free ALTERNATE Waffle with Syrup	HOT LUNCH PAPA JOHNS PEPPERONI PIZZA CARROTS & CELERY WITH DRESSING CHILLED FRUIT MILK, FAT FREE  NO ALTERNATE	1/2 DAY NO FOOD SERVICE	NO SCHOOL FALL BREAK 
28	29	30	31	
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	

Fall Break

DAILY SPECIALS (GRADES 5-8 ONLY)

GRILLED CHICKEN SANDWICH
WITH CHIPS \$3.50

TONY'S 5" PIZZA
WITH FRUIT \$3.50

PRETZEL WITH CHEESE
AND FRUIT \$3.50

4 CHICKEN NUGGETS
WITH FRIES \$3.50

2 BOSCO STICKS
WITH SAUCE \$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 entrée).



Food Service Consultants, Inc.

"Serving You With Pride"

