



The Knight's Tablet

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

October 16, 2019

Upcoming Events

**October 18~ STUCO Dress
Down for \$1 Day/Trunk-or-
Treat**

October 22 ~ Picture Retakes

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

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

**THANK YOU FOR
ANOTHER SUCCESSFUL
WALK-A-THON!!! FUN
WAS HAD BY ALL AND
MRS. KAIMANN CAN'T
WAIT TO SET UP HER
TENT!**



Servers Schedule

October 17

Tyler Von Bokel and Daniel Alterson

October 18

Dominic Bono and Payten Christ

October 19

4:30pm Chase Hoff and Kennedy Hoff

October 20

7:00am Morgan Prudlow and Claire Vogel

9:00am John Schultz and Marianne Vomund

11:00am Tyler Von Bokel and Daniel Alterson

October 21

Cade Fischer and Meghan Fowlie

October 22

Clayton Givens and Owen Hemmer

October 23

Liam Huggins and Michael Militello

October 24

Ella Schultz and Zach Von Bokel

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



Trunk or Treat is this Friday,
October 18 in
the School
Parking
Lot!



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

**A Protecting God's Children Workshop will be held here at St. Paul
on Wednesday, October 23rd at 6:30pm. Pre-registration is required.**

Please visit the following link to register:

http://www.virtusonline.org/virtus/reg_list2.cfm?theOrgID=14498&theme=0

**There will also be also workshops offered in the area:
St. Dominic High School – Wednesday, Nov. 6th at 6:30pm
St. Joseph Cottleville on Wednesday, Nov. 20th at 6:30pm**

**Friday, October 18th will be a \$1 dress down day benefitting
STUCO! Student Council will also be selling ice cream for \$1 at all
lunch shifts. Please remember to dress in appropriate attire. ☺**


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	
  				

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
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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"





ST. PAUL IN ST. PAUL

Healthy Habits Lunch

November 2019

*= Baked

WG=Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
				
				
4	5	6	7	8
HOT LUNCH Popcorn Chicken Wrap Fresh Fruit/Seasonal Fresh Vegetables & Dip Oreos Milk, Fat Free ALTERNATE JUMBO CORN DOG	HOT LUNCH ELECTION DAY BALLOT CHEESEBURGER DEMOCRATIC TATER TOTS POLLING PLACE PEACHES REPUBLICAN RICE KRISPIES TREAT MAJORITY MILK, FAT FREE ALTERNATE VOTE FOR ME HOT DOG	HOT LUNCH PAPA JOHNS CHEESE PIZZA CARROTS & CELERY WITH DRESSING CHILLED FRUIT MILK, FAT FREE DONUTS BEFORE SCHOOL \$1.00 CASH ONLY NO ALTERNATE	HOT LUNCH HUG A BEAR DAY TEDDY BEAR BOSCO STICK W/SUN BEAR SAUCE MY FRIEND MIXED VEGGIES BEST BUDDY FRUIT TEDDY GRAHAMS COMPANION MILK, FAT FREE ALTERNATE CUDDLY CHICKEN SOFT TACO	1/2 DAY NO FOOD SERVICE
11	12	13	14	15
HOT LUNCH VETERANS DAY Tribute Toasted Ravioli Hero Green Beans Overseas Oranges Courage Cookie Memorial Milk ALTERNATE RED WHITE & BLUE MINI CORN DOGS	HOT LUNCH PASTA DAY Spaghetti with Meat Sauce Green Beans Breadstick 100% Fruit Juice Bar Milk, Fat Free ALTERNATE CHICKEN NUGGETS	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 AND FRIES \$5.30 NO ALTERNATE	HOT LUNCH NATIONAL PICKLE DAY PULLED PORK SLAMMER PASTA SALAD PICKLE SLICES FRESH FRUIT/SEASONAL MILK, FAT FREE ALTERNATE CHICKEN DRUMMIE	HOT LUNCH All Natural Hot Dog on Bun Potato Chips Fresh Fruit/Seasonal 2 Oreos Milk, Fat Free ALTERNATE MANWICH SLOPPY JOES
18	19	20	21	22
HOT LUNCH MICKEY MOUSE'S BIRTHDAY Mickey Burgers Minnie Chips (Tator Tots) Goofy Fruit Donald Duck Dessert Pluto Milk ALTERNATE CHIP & DALE CHICKEN STRIPS	HOT LUNCH BREAKFAST FOR LUNCH! *Pancake with Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free ALTERNATE BREAKFAST BURRITO	HOT LUNCH PAPA JOHNS CHEESE PIZZA CARROTS & CELERY WITH DRESSING CHILLED FRUIT MILK, FAT FREE ALTERNATE NO ALTERNATE	HOT LUNCH Nachos and Cheese, WG Corn Fresh Fruit/Seasonal Churro Milk, Fat Free MANAGER SPECIAL CHIPWICH ICE CREAM SANDWICH \$1.50 CASH ONLY ALTERNATE MINI TACOS	HOT LUNCH Ham & Cheese on Bagel *Cheddar Goldfish, WG Fresh Fruit/Seasonal *Teddy Grahams Milk, Fat Free ALTERNATE PIG IN A BLANKET
25	26	27	28	29
HOT LUNCH NATIONAL SANDWICH MONTH Golden Grilled Cheese, WG Fresh Vegetables w/dip Fresh Fruit/Seasonal Vanilla Ice Cream Milk, Fat Free ALTERNATE CHICKEN PATTY SANDWICH	HOT LUNCH THANKSGIVING FEAST OPEN-FACED TURKEY MASHED POTATOES/GRAVY MIXED VEGGIES BROWNIE MILK, FAT FREE ALTERNATE CHICKEN DRUMSTICK	NO SCHOOL THANKSGIVING BREAK	NO SCHOOL THANKSGIVING BREAK	NO SCHOOL THANKSGIVING BREAK

DAILY SPECIALS (GRADES 5-8 ONLY)

2 BOSCO STICKS WITH SAUCE \$3.00	CHICKEN PATTY ON BUN WITH CHIPS 3.50	GRILLED CHEESE ON TEXAS TOAST 3.50	CHICKEN STRIPS AND FRIES 3.50	CHEESEBURGER AND CHIPS 3.50
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You're Invited
St. Paul Catholic Church
Youth
6-8th Graders

Dickherber Farms
Sunday October 27
2-6 PM

\$20 INCLUDES
Corn Maze, Petting Zoo, Private Hayride,
Private Bonfire (s'mores) and Dinner



**LET'S GO FOR A
HAYRIDE**

Volunteers needed please contact
Lori Wortmann in the parish office
636-978-1900 ext 223



To Register:
HURRY! Limited space available
Complete field trip form and money to school or parish office
DEADLINE October 18



2019

Walk-A-Thon



Walking Rosary

