



St. Louis the King School News

We appreciate and thank the **Cathedral Basilica** for the personal invitation extended to SLK families to attend the Senegal St. Joseph Gospel Choir and Jitro Cathedral Concerts at a reduced rate. These are going to be fantastic concerts and the Cathedral is happy to share them with the families of St. Louis the King School.

The first concert, Senegal St. Joseph Gospel Choir, is from the heart of Dakar's working-class neighborhood. They will interpret Gospel/Negro Spirituals, as well as traditional African songs. This performance is on Saturday, October 25th at 8:00 p.m.



Any of our students or other children can attend any of the Cathedral Concerts for just \$10, which is their usual "Student Rush" rate. For the Senegal St. Joseph Gospel Choir parents can get their group discount rate of 20% off the regular ticket prices, which ever section the parents select, the kids will be able to sit with them for the \$10 price.

Please call to purchase tickets so you can get the reduced rates: [314-533-7662](tel:314-533-7662). Be sure to identify yourself as a St. Louis the King School family and you will get the discount.

Free Breakfast and Lunch!

Beginning immediately, all SLK students will no longer have to pay for meals. All students will now receive breakfast and lunch for FREE!

If you have already paid for meals, you will receive a credit and this cost will go toward your tuition bill. If you have paid your tuition in full, you will receive a refund.



Oct. 2nd is Picture Day

Thursday is school picture day! Students may dress out of uniform. All students will have pictures taken for the class composites.

Purchase packets are being sent home today and must be back on or before Thursday with the correct amount. **The office is unable to give change.** Checks should be made to Lifetouch and payments can be made by credit card by visiting: mylifetouch.com

We are also in need of a **parent volunteer** to help during picture time (from about 8:45-noon) to be sure each student is ready at picture time. If you would like to volunteer, please call Ms. Johnson (373-8252). You must have completed Protecting God's Children.

**SCHOOL
DISMISSES
AT 1:00
TOMORROW!
NO SCHOOL
ON MONDAY!**

Don't Forget.....

- * Don't forget to apply for your Schnucks eScrip card!
- * Protecting God's Children: <http://archstl.org/sep/page/how-register-protecting-gods-childr>
- * Attachments to today's newsletter: October school calendar, October afterschool calendar, Pretzels for Charity flyer (please support the 8th grade), October menus.

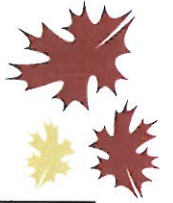
LEARN MORE ABOUT THE CATHOLIC FAITH...



If you would like to learn more about the Catholic faith, or are interested in becoming Catholic, please contact the school office.



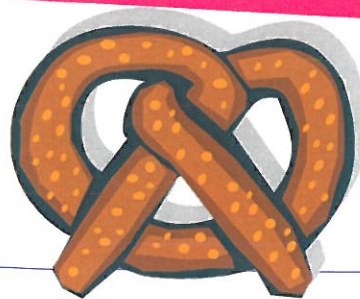
St. Louis the King School

October 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Mass 9:00 a.m.	2 SCHOOL PICTURE DAY! 	3	4
5	6	7	8 Mass 9:00 a.m.	9	10	11
12	13	14 Last day of the 1 st Quarter K-8 Family Science Night @ 5:30	15 Mass 9:00 a.m.	16	17	18
19	20	21 7 TH Grade Family Night, 5:00 p.m.	22 Mass 9:00 a.m.	23	24	25
26	27	28 Report cards Issued	29	30	31 Halloween 	
Fall Break, Oct. 29 th -Nov. 3 rd NO SCHOOL!						

Pretzels for Charity



Eighth Grade will be selling pretzels to raise money for charity on the following Fridays:

October 3

October 10

October 17

October 24

They will be sold for \$1 a piece or 6 for \$5.

Please fill out attached form and send with money back to school. You can order for each of the four weeks at once or each week individually. Money must be turned in by Wednesday, October 1 for next week. If you are ordering by weeks please send money by the Wednesday of that week.

THANK YOU FOR YOUR SUPPORT!

Name of Student _____ Grade _____

_____ # of pretzels for October 3 _____ amount sent

_____ # of pretzels for October 10 _____ amount sent

_____ # of pretzels for October 17 _____ amount sent

_____ # of pretzels for October 24 _____ amount sent


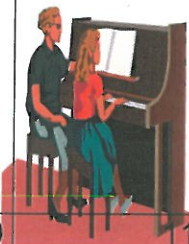

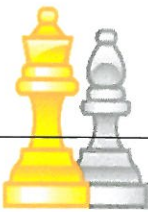

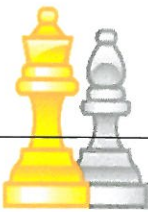
_____ total number of pretzels ordered _____ total amount sent



SLK October 2014

After School Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Science Club: 3-6 Basketball: Gr. K-1: 3:15-4 Gr. 2-3: 4-5 Gr. 6-8: 5-6	2 Boy Scouts: 4-5 Stages: 3:30-5 Basketball: Gr. 4&5:3:30-5 Gr. 6-8: 5-6:30	3 Chess Club: 3:15-4:15 Basketball: Gr. 6-8: 3-6	4 
5	6 Piano: 3:15-4 Dance: 4-4:45	7 Basketball: Gr. 4&5:3:30-5 Gr. 6-8: 5-6:30	8 Girl Scouts: 3-6 Science Club: 3-6 Basketball: Gr. K-1: 3:15-4 Gr. 2-3: 4-5 Gr. 6-8: 5-6	9 Boy Scouts: 4-5 Stages: 3:30-5 Basketball: Gr. 4&5:3:30-5 Gr. 6-8: 5-6:30	10 Chess Club: 3:15-4:15 Basketball: Gr. 6-8: 3-6	11
12 	13 Piano: 3:15-4 Dance: 4-4:45	14 Basketball: Gr. 4&5:3:30-5 Gr. 6-8: 5-6:30	15 Science Club: 3-6 Basketball: Gr. K-1: 3:15-4 Gr. 2-3: 4-5 Gr. 6-8: 5-6	16 Boy Scouts: 4-5 Stages: 3:30-5 Basketball: Gr. 4&5:3:30-5 Gr. 6-8: 5-6:30	17 Chess Club: 3:15-4:15 Basketball: Gr. 6-8: 3-6	18
19	20 Piano: 3:15-4 Dance: 4-4:45	21 Basketball: Gr. 4&5:3:30-5 Gr. 6-8: 5-6:30	22 Girl Scouts: 3-6 Science Club: 3-6 Basketball: Gr. K-1: 3:15-4 Gr. 2-3: 4-5 Gr. 6-8: 5-6	23 Boy Scouts: 4-5 Stages: 3:30-5 Basketball: Gr. 4&5:3:30-5 Gr. 6-8: 5-6:30	24 Chess Club: 3:15-4:15 Basketball: Gr. 6-8: 3-6	25 
26	27 Piano: 3:15-4 Dance: 4-4:45	28 Basketball: Gr. 4&5:3:30-5 Gr. 6-8: 5-6:30	29	30	31 	
Fall Break, Oct. 29 th -Nov. 3 rd NO SCHOOL!						




ST. LOUIS THE KING AT THE CATHEDRAL SCHOOL

Healthy Habits Breakfast Menu

October 2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<u>1</u>	<u>2</u>	<u>3</u>
		BREAKFAST Cereal Yogurt Fresh Fruit/Seasonal 100 % Fruit Juice/Skim Milk	BREAKFAST Cereal Cheese Omelet Fresh Fruit/Seasonal 100%Fruit Juice/Skim Milk	BREAKFAST Cereal Bagel & Cream Cheese Fresh Fruit/Seasonal 100%Fruit Juice/Skim Milk
<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>
BREAKFAST Biscuit w/butter Scrambled Egg Fresh Fruit/Seasonal 100 % Fruit Juice/Skim Milk	BREAKFAST Cereal French Toast Sticks Fresh Fruit/Seasonal 100%Fruit Juice/Skim Milk	BREAKFAST Pancake/Sausage on Stick Cereal Fresh Fruit/Seasonal 100 % Fruit Juice/Skim Milk	BREAKFAST Cereal Yogurt Fresh Fruit/Seasonal 100%Fruit Juice/Skim Milk	BREAKFAST Waffle w/Syrup Cereal Fresh Fruit/Seasonal 100 % Fruit Juice/Skim Milk
<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>
BREAKFAST Cereal Scrambled Egg Fresh Fruit/Seasonal 100 % Fruit Juice/Skim Milk	BREAKFAST Pancake (2) w/Syrup Sausage Fresh Fruit/Seasonal 100%Fruit Juice/Skim Milk	BREAKFAST Cereal Yogurt Fresh Fruit/Seasonal 100 % Fruit Juice/Skim Milk	BREAKFAST Homemade Blueberry Muffin Hard-Boiled Egg Fresh Fruit/Seasonal 100%Fruit Juice/Skim Milk	BREAKFAST Cereal Bagel & Cream Cheese Fresh Fruit/Seasonal 100 % Fruit Juice/Skim Milk
<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>
BREAKFAST Cereal Yogurt Fresh Fruit/Seasonal 100%Fruit Juice/Skim Milk	BREAKFAST Cereal French Toast Sticks/Syrup Fresh Fruit/Seasonal 100%Fruit Juice/Skim Milk	BREAKFAST Pancake/Sausage on Stick Cereal Fresh Fruit/Seasonal 100 % Fruit Juice/Skim Milk	BREAKFAST Biscuit /Margarine Scrambled Egg Fresh Fruit/Seasonal 100 % Fruit Juice/Skim Milk	BREAKFAST Waffle w/Syrup Cereal Fresh Fruit/Seasonal 100 % Fruit Juice/Skim Milk
<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>
BREAKFAST Cereal Cheese Omelette Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk	BREAKFAST Pancakes w/Syrup Hard-Boiled Egg Fresh Fruit/Seasonal 100%Fruit Juice/Skim Milk	NO SCHOOL	NO SCHOOL	NO SCHOOL

"USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER"

All FSC menus follow the USDA guidelines & Archdiocese Wellness Plan and have been approved by Registered Dietitian Associates, Inc.



Food Service Consultants, Inc.

"Serving You With Pride"






ST. LOUIS THE KING AT THE CATHEDRAL SCHOOL



Healthy Habits Lunch Menu-October 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
		1 LUNCH WG Baked Mostaccioli w/Homemade Meat Sauce Green Beans Peaches WG Roll Skim Milk Alternate Chicken Caesar Salad Celery Sticks Fresh Fruit/Seasonal Chocolate Chip Gripz Skim Milk AFTER SCHOOL SNACK Homemade Muffin Skim Milk	2 LUNCH Sausage Pizza Wedge Fresh Carrot Sticks Lite Ranch Dressing Pears Skim Milk Alternate Chef Salad w/Turkey/HB Egg Seasoned Black Beans Pineapple, Chunk Cinnamon Teddy Grahams Skim Milk AFTER SCHOOL SNACK String Cheese & Crackers Skim Milk	3 LUNCH Cheesy Mac & Cheese Broccoli Fresh Fruit/Seasonal Whole Grain Roll w/Margarine Skim Milk Alternate Chef Salad/HB Egg/Am. Cheese Corn Relish Fresh Fruit, Seasonal Graham Crackers WG Roll Skim Milk AFTER SCHOOL SNACK Gripz Skim Milk
6 LUNCH Homemade Fresh Chicken Breast on WG Bun Seasoned Corn w/Margarine Catsup Quartered Oranges Skim Milk Alternate Chicken Caesar Salad Peppers, Green or Red, Sliced Fresh Fruit/Seasonal Cinnamon Teddy Grahams Skim Milk AFTER SCHOOL SNACK String Cheese & Crackers Skim Milk	7 LUNCH Chili Tossed Salad Lt. Ranch Dressing WG Roll/Margarine Pineapple Chunks Skim Milk Alternate Chef Salad w/Turkey/HB Egg Broccoli, Fresh Peaches Animal Crackers WG Roll Skim Milk AFTER SCHOOL SNACK Fresh Fruit/Seasonal Skim Milk	8 LUNCH Corn Dog Spinach w/Margarine Fresh Fruit/Seasonal Animal Crackers Catsup Skim Milk Alternate Chicken Caesar Salad Celery Sticks Fresh Fruit/Seasonal Chocolate Chip Gripz Skim Milk AFTER SCHOOL SNACK Homemade Muffin Skim Milk	9 LUNCH Soft Beef Taco Shredded Lettuce/Tomatoes Salsa/Sour Cream Refried Beans Seasoned Green Beans Fresh Fruit/Seasonal Skim Milk Alternate Chef Salad w/Turkey/HB Egg Seasoned Black Beans Pineapple, Chunk Cinnamon Teddy Grahams Skim Milk AFTER SCHOOL SNACK Elf Grahams Skim Milk	10 LUNCH Cheese Lasagna Roll-up Homemade Spaghetti Sauce Romaine Salad/Lt. Dressing Hard-Boiled Egg/Steamed Broccoli WG Roll Fresh Fruit/Seasonal Skim Milk Alternate Chef Salad/HB Egg/Am. Cheese Corn Relish Fresh Fruit, Seasonal Graham Crackers WG Roll Skim Milk AFTER SCHOOL SNACK Gripz Skim Milk
13 LUNCH Seasoned Grilled Chicken Breast Baked Beans Fresh Broccoli Light Ranch Dressing Slice of Bread WG Bread Mandarin Oranges Skim Milk Alternate Chicken Caesar Salad Peppers, Green or Red, Sliced Fresh Fruit/Seasonal Cinnamon Teddy Grahams Skim Milk AFTER SCHOOL SNACK String Cheese & Crackers Skim Milk	14 LUNCH Hot Dog on Bun French Fries Catsup/Mustard Fresh Veggies Fresh Fruit/Seasonal Choc. Chip Gripz Skim Milk Alternate Chef Salad w/Turkey/HB Egg Broccoli, Fresh Peaches Animal Crackers WG Roll Skim Milk AFTER SCHOOL SNACK Fresh Fruit/Seasonal Skim Milk	15 LUNCH Grilled Cheeseburger on Bun Lettuce & Tomato Catsup/Mustard Seasoned Corn w/Margarine Fresh Fruit/Seasonal Skim Milk Alternate Chicken Caesar Salad Celery Sticks Fresh Fruit/Seasonal Chocolate Chip Gripz Skim Milk AFTER SCHOOL SNACK Homemade Muffin Skim Milk	16 LUNCH Boneless Chicken Drumsticks Homemade Mashed Potatoes/Gravy Green Beans w/Margarine Chilled Applesauce WG Roll Skim Milk Alternate Chef Salad w/Turkey/HB Egg Seasoned Black Beans Pineapple, Chunk Cinnamon Teddy Grahams Skim Milk AFTER SCHOOL SNACK Elf Grahams Skim Milk	17 LUNCH Cheese Pizza Wedge Tossed Romaine Salad Light Ranch Dressing Carrot Sticks Fresh Fruit/Seasonal Skim Milk Alternate Chef Salad/HB Egg/Am. Cheese Corn Relish Fresh Fruit, Seasonal Graham Crackers WG Roll Skim Milk AFTER SCHOOL SNACK Gripz Skim Milk
20 LUNCH Chicken Fettuccine Green Peas WG Roll/Margarine Fresh Fruit/Seasonal Skim Milk Alternate Chicken Caesar Salad Peppers, Green or Red, Sliced Fresh Fruit/Seasonal Cinnamon Teddy Grahams Skim Milk AFTER SCHOOL SNACK Elf Grahams Skim Milk	21 LUNCH Nachos/Cheese/Chix Taco Meat Tossed Romaine Salad Light Ranch Dressing Refried Beans Fresh Fruit/Seasonal Skim Milk Alternate Chef Salad w/Turkey/HB Egg Broccoli, Fresh Peaches Animal Crackers WG Roll Skim Milk AFTER SCHOOL SNACK Fresh Fruit/Seasonal Skim Milk	22 LUNCH Chicken Rings/Catsup Carrots/Margarine Fruit Cocktail Animal Crackers WG Roll Skim Milk Alternate Chicken Caesar Salad Celery Sticks Fresh Fruit/Seasonal Chocolate Chip Gripz Skim Milk AFTER SCHOOL SNACK Homemade Muffin Skim Milk	23 LUNCH Home-Roasted Turkey Breast Roasted Sweet Potatoes Green Beans w/Margarine Slice WG Bread w/Margarine Fresh Fruit/Seasonal Skim Milk Alternate Chef Salad w/Turkey/HB Egg Seasoned Black Beans Pineapple, Chunk Cinnamon Teddy Grahams Skim Milk AFTER SCHOOL SNACK String Cheese & Crackers Skim Milk	24 LUNCH WG Bosco Stick Homemade Spaghetti Sauce Romaine Salad/Asstd. Lt. Dress. Baked Cinnamon Apples Broccoli, Fresh w/Margarine Skim Milk Alternate Chef Salad/HB Egg/Am. Cheese Corn Relish Fresh Fruit, Seasonal Graham Crackers WG Roll Skim Milk AFTER SCHOOL SNACK Gripz Skim Milk
27 LUNCH WG Chicken Nuggets Romaine Salad/Lt. Dressing Fresh Broccoli w/Margarine Slice of WG Bread Chilled Fruit Skim Milk Alternate Chicken Caesar Salad Peppers, Green or Red, Sliced Fresh Fruit/Seasonal Cinnamon Teddy Grahams Skim Milk AFTER SCHOOL SNACK String Cheese & Crackers Skim Milk	28 LUNCH Homemade Meatloaf Mashed Potatoes Seasoned Corn w/Margarine WG Roll Fresh Fruit/Seasonal Skim Milk Alternate Chef Salad w/Turkey/HB Egg Broccoli, Fresh Peaches Animal Crackers WG Roll Skim Milk AFTER SCHOOL SNACK Fresh Fruit/Seasonal Skim Milk	29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL

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