


ST. PAUL IN ST. PAUL


Healthy Habits Lunch

AUGUST 2020

* = Baked

WG = Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
				

		19 HOT LUNCH Papa John's Pepperoni Pizza Tossed Salad w/Dressing Chilled Fruit Milk, Fat Free  <u>NO ALTERNATE</u>	20 HOT LUNCH BBQ Chicken Drumstick Buttered Noodles Green Beans Cinnamon Streusel Coffee Cake Milk, Fat Free <u>ALTERNATE</u> JUMBO CORN DOG	21 HOT LUNCH Chicken Wrap/Chopped Lettuce Light Ranch Dressing Cookie Fresh Fruit/Seasonal Milk, Fat Free <u>ALTERNATE</u> GRILLED CHEESE
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24	25	26	27	28
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HOT LUNCH Turkey & Cheese Panini Fresh Veggies with Dip Fresh Fruit/Seasonal Cheddar Goldfish Milk, Fat Free <u>ALTERNATE</u> CHICKEN STRIPS	HOT LUNCH <u>BREAKFAST FOR LUNCH!</u> *French Toast Sticks Syrup *Bacon *Triangle Hash Brown Fresh Fruit/Seasonal Milk, Fat Free <u>ALTERNATE</u> SCRAMBLED EGGS	HOT LUNCH Papa John's Cheese Pizza Carrots & Celery Ranch Dressing Chilled Fruit Milk, Fat Free  <u>NO ALTERNATE</u>	HOT LUNCH All Natural Hot Dog on Bun Potato Chips Fresh Fruit/Seasonal 2 Oreos Milk, Fat Free  <u>ALTERNATE</u> CHICKEN PARMESAN SLIDER	HOT LUNCH *Bosco Stick Spaghetti Sauce Mixed Vegetables Fresh Fruit/Seasonal 100% Fruit Juice Bar Milk, Fat Free <u>ALTERNATE</u> FISH STICKS
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31				
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HOT LUNCH Ham & Cheese on Bagel Chips Fresh Fruit/Seasonal *Teddy Grahams Milk, Fat Free <u>ALTERNATE</u> CHICKEN PATTY SANDWICH				
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DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50				
2 BOSCO STICKS WITH SAUCE	BACON CHEESEBURGER AND CHIPS	GRILLED CHEESE ON TEXAS TOAST	CHICKEN PATTY ON BUN AND CHIPS	CHICKEN STRIPS AND FRIES

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