

ST. PAUL IN ST. PAUL

Healthy Habits Lunch



FEBRUARY 2021

*= Baked

WG=Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p>ENTRÉE CHOICE 1 *Bosco Stick with Spaghetti Sauce</p> <p>ENTRÉE CHOICE 2 Meatball Sub</p> <p>SIDE ITEMS: Mixed Vegetables Seasonal Fresh Fruit 100% Fruit Juice Bar Milk, Fat Free</p>	<p>GROUNDHOG DAY</p> <p>ENTRÉE CHOICE 1 Ground Hog Day Grilled Cheese</p> <p>ENTRÉE CHOICE 2 Cloudy Chicken Strips</p> <p>SIDE ITEMS: My Shadow Fries Spring Carrots & Ranch Dressing Sunshine Cookie Let It Be Early Milk</p>	<p>PAPA JOHN'S DAY</p> <p>ENTRÉE CHOICE 1 Cheese Pizza</p> <p>ENTRÉE CHOICE 2 No 2nd Choice</p> <p>SIDE ITEMS: Tossed Salad with Ranch Chilled Fruit Milk, Fat Free</p>	<p>ENTRÉE CHOICE 1 Bowl of Chili</p> <p>ENTRÉE CHOICE 2 Popcorn Chicken</p> <p>SIDE ITEMS: *Cheddar Goldfish, WG Seasonal Fresh Fruit Jell-O Milk, Fat Free</p>	<p>1/2 DAY</p> <p>NO FOOD SERVICE</p>
8	9	10	11	12
<p>SUPER BOWL SPECIAL</p> <p>ENTRÉE CHOICE 1 Tight End Burger</p> <p>ENTRÉE CHOICE 2 Touchdown Hot Dog</p> <p>SIDE ITEMS: Quarterback Fries Kicker Celery Sticks Linebacker Cookie Kick Off Milk</p>	<p>ENTRÉE CHOICE 1 Biscuit and Gravy</p> <p>ENTRÉE CHOICE 2 Waffle with Syrup</p> <p>SIDE ITEMS: Scrambled Eggs Hash Brown Triangle Seasonal Fresh Fruit Milk, Fat Free</p>	<p>PAPA JOHN'S DAY</p> <p>ENTRÉE CHOICE 1 Pepperoni Pizza</p> <p>ENTRÉE CHOICE 2 No 2nd Choice</p> <p>SIDE ITEMS: Carrots and Celery with Ranch Chilled Fruit Milk, Fat Free</p>	<p>ENTRÉE CHOICE 1 Crunchy Taco, WG</p> <p>ENTRÉE CHOICE 2 Cheese Quesadilla</p> <p>SIDE ITEMS: Spanish Rice, WG Mexicali Corn Seasonal Fresh Fruit Milk, Fat Free</p>	<p>VALENTINE'S DAY</p> <p>ENTRÉE CHOICE 1 Friendship Nuggets</p> <p>ENTRÉE CHOICE 2 Cupid Mini Corn Dogs</p> <p>SIDE ITEMS: Cupid's Arrow (Carrot Sticks) Shimmering Heart Jell-O Valentine Treat Gotta Love Milk</p>
15	16	17	18	19
<p>NO SCHOOL</p>	<p>PRESIDENTS DAY SPECIAL</p> <p>ENTRÉE CHOICE 1 By George Bosco Stick</p> <p>ENTRÉE CHOICE 2 Honey Pot Toasted Ravioli</p> <p>SIDE ITEMS: Log Cabin Broccoli My Little Hatchet Peaches Gettysburg Address Brownie Presidential Milk</p>	<p>PAPA JOHN'S DAY</p> <p>ENTRÉE CHOICE 1 Cheese Pizza</p> <p>ENTRÉE CHOICE 2 No 2nd Choice</p> <p>SIDE ITEMS: Carrots and Celery with Ranch Chilled Fruit Milk, Fat Free</p>	<p>ENTRÉE CHOICE 1 *Grilled Chicken Sandwich</p> <p>ENTRÉE CHOICE 2 Jumbo Corn Dog</p> <p>SIDE ITEMS: Seasoned Noodles Carrot Sticks with LF Ranch Seasonal Fresh Fruit Milk, Fat Free</p>	<p>ENTRÉE CHOICE 1 Nachos and Cheese, WG</p> <p>ENTRÉE CHOICE 2 Fish Sticks</p> <p>SIDE ITEMS: Green Beans Seasonal Fresh Fruit Churro Milk, Fat Free</p>
22	23	24	25	26
<p>ENTRÉE CHOICE 1 *Chicken Nuggets</p> <p>ENTRÉE CHOICE 2 Turkey & Cheese on Bagel</p> <p>SIDE ITEMS: Rice Pilaf Green Beans Seasonal Fresh Fruit Milk, Fat Free</p>	<p>ENTRÉE CHOICE 1 *French Toast Sticks with Syrup</p> <p>ENTRÉE CHOICE 2 Breakfast Burrito</p> <p>SIDE ITEMS: *Bacon *Triangle Hash Brown Seasonal Fresh Fruit Milk, Fat Free</p>	<p>PAPA JOHN'S DAY</p> <p>ENTRÉE CHOICE 1 Pepperoni Pizza</p> <p>ENTRÉE CHOICE 2 No 2nd Choice</p> <p>SIDE ITEMS: Tossed Salad with Ranch Chilled Fruit Milk, Fat Free</p>	<p>ENTRÉE CHOICE 1 All Natural Hot Dog on Bun</p> <p>ENTRÉE CHOICE 2 Popcorn Chicken Wrap with Lettuce & Ranch Dressing</p> <p>SIDE ITEMS: Potato Chips Seasonal Fresh Fruit 2 Oreos Milk, Fat Free</p>	<p>ENTRÉE CHOICE 1 Baked Macaroni & Cheese</p> <p>ENTRÉE CHOICE 2 Popcorn Shrimp</p> <p>SIDE ITEMS: Green Beans Seasonal Fresh Fruit Teddy Grahams Milk, Fat Free</p>
DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50				
CHICKEN STRIPS AND FRIES	GRILLED CHICKEN SANDWICH AND CHIPS	GRILLED CHEESE ON TEXAS TOAST AND FRUIT	BACON CHEESEBURGER AND CHIPS	2 BOSCO STICKS WITH SAUCE AND FRUIT

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.
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