









ST. PAUL IN ST. PAUL

Healthy Habits Lunch

FEBRUARY 2020

* = Baked

WG = Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p>HOT LUNCH <u>SUPER BOWL SPECIAL</u> Tight End Burger Quarterback Fries Kicker Celery Sticks Linebacker Cookie Kick Off Milk</p>  <p><u>ALTERNATE</u> TOUCHDOWN POPCORN CHIX</p>	<p>HOT LUNCH Nachos and Cheese, WG Green Beans Fresh Fruit/Seasonal Churro Milk, Fat Free</p> <p><u>ALTERNATE</u> MINI TACOS</p>	<p>HOT LUNCH Papa John's Cheese Pizza Carrots & Celery/Ranch Dressing Chilled Fruit  Milk, Fat Free</p> <p style="background-color: yellow; text-align: center;">DONUTS BEFORE SCHOOL \$1.00 Cash only</p> <p><u>NO ALTERNATE</u></p>	<p>HOT LUNCH Chicken Alfredo Lettuce & Carrot Salad Lite Italian Dressing Fresh Fruit/Seasonal *Garlic Breadstick Milk, Fat Free</p> <p><u>ALTERNATE</u> TOASTED RAVIOLI</p>	<p>EARLY DISMISSAL NO FOOD SERVICE</p> 
10	11	12	13	14
<p>HOT LUNCH Ham & Cheese on Bagel Chips Fresh Fruit/Seasonal *Teddy Grahams Milk, Fat Free</p> <p><u>ALTERNATE</u> CHICKEN PATTY SANDWICH</p>	<p>HOT LUNCH <u>BREAKFAST FOR LUNCH!</u> *French Toast Sticks Syrup *Bacon *Triangle Hash Brown Fresh Fruit/Seasonal Milk, Fat Free</p> <p><u>ALTERNATE</u> SCRAMBLED EGGS</p>	<p>HOT LUNCH Papa John's Pepperoni Pizza Tossed Salad w/Dressing Chilled Fruit Milk, Fat Free</p>  <p><u>NO ALTERNATE</u></p>	<p>HOT LUNCH *Pig in a Blanket Smiley Face Potatoes Green Beans Fresh Fruit/Seasonal Milk, Fat Free</p> <p style="background-color: yellow; text-align: center;">SUPERVISOR SPECIAL FUNNEL CAKE \$1.50 CASH ONLY</p> <p><u>ALTERNATE</u> CRUNCHY TACO</p>	<p>HOT LUNCH <u>VALENTINE'S DAY</u> Friendship Nuggets Cupid's Arrow (Carrot Sticks) Shimmering Heart Jell-O Valentine Treat Gotta Love Milk </p> <p><u>ALTERNATE</u> CUPID MINI CORN DOGS</p>
17	18	19	20	21
<p>NO SCHOOL</p> 	<p>HOT LUNCH <u>PRESIDENTS DAY</u> By-George Cheeseburger No-Lie Fries My Little Hatchet Peaches Presidential Milk</p> <p><u>ALTERNATE</u> LINCOLN CHICKEN DRUMMIES</p>	<p>HOT LUNCH Papa John's Pepperoni Pizza Carrots & Celery/Ranch Dressing Chilled Fruit Milk, Fat Free</p>  <p><u>NO ALTERNATE</u></p>	<p>HOT LUNCH BBQ Chicken Drumstick Buttered Noodles Green Beans Cinnamon Streusel Coffee Cake Milk, Fat Free</p> <p><u>ALTERNATE</u> JUMBO CORN DOG</p>	<p>HOT LUNCH Chicken Wrap/Chopped Lettuce Light Ranch Dressing Cookie Fresh Fruit/Seasonal Milk, Fat Free</p> <p><u>ALTERNATE</u> GRILLED CHEESE</p>
24	25	26	27	28
<p>HOT LUNCH Turkey & Cheese Panini Fresh Veggies with Dip Fresh Fruit/Seasonal Cheddar Goldfish Milk, Fat Free</p> <p><u>ALTERNATE</u> CHICKEN STRIPS</p>	<p>HOT LUNCH <u>NATIONAL PANCAKE DAY</u> *Pancake with Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p> <p><u>ALTERNATE</u> EGG & CHEESE/BAGEL</p>	<p>HOT LUNCH Papa John's Cheese Pizza Tossed Salad w/Dressing Chilled Fruit Milk, Fat Free</p>  <p><u>NO ALTERNATE</u></p>	<p>HOT LUNCH All Natural Hot Dog on Bun Potato Chips Fresh Fruit/Seasonal 2 Oreos Milk, Fat Free</p>  <p><u>ALTERNATE</u> CHICKEN PARMESAN SLIDER</p>	<p>HOT LUNCH *Bosco Stick Spaghetti Sauce Mixed Vegetables Fresh Fruit/Seasonal 100% Fruit Juice Bar Milk, Fat Free</p> <p><u>ALTERNATE</u> FISH STICKS</p>
DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50				
TOASTED RAVIOLI WITH FRUIT	BACON CHEESEBURGER AND CHIPS	PRETZEL AND CHEESE AND FRUIT	CHICKEN STRIPS WITH FRIES	TONY'S CHEESE PIZZA 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.
"Serving You With Pride"

