

ST. PAUL IN ST. PAUL

Healthy Habits Lunch

AUGUST 2019

*- Baked

WG=Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
12	13	14	15	16
			<p style="text-align: center;">HOT LUNCH</p> <p style="text-align: center;"><u>WELCOME BACK SPECIAL</u></p> <p>Golden Ruler Sandwich (Grilled Cheese)</p> <p>Pencil Potatoes (Fries)</p> <p>Assorted Crayons (Veggie Sticks)</p> <p>Back to School Surprise Dessert</p> <p>Meeting New Friends Milk</p> <p style="text-align: center;"><u>ALTERNATE</u></p> <p style="text-align: center;">Hot Dog</p>	<p style="text-align: center;">HOT LUNCH</p> <p style="text-align: center;">Chicken Parmesan Slider</p> <p style="text-align: center;">Grapes</p> <p>Tossed Salad</p> <p style="text-align: center;">Jell-O</p> <p>Milk, Fat Free</p> <p style="text-align: center;"><u>ALTERNATE</u></p> <p style="text-align: center;">Jumbo Corn Dog</p>
19	20	21	22	23
<p style="text-align: center;">HOT LUNCH</p> <p>Turkey & Cheese on Skinny Bun</p> <p>Baby Carrots</p> <p>Light Ranch Dressing</p> <p>Fresh Fruit/Seasonal</p> <p>Rice Krispies Treat</p> <p>Milk, Fat Free</p> <p style="text-align: center;"><u>ALTERNATE</u></p> <p>Chicken Drummies</p>	<p style="text-align: center;">HOT LUNCH</p> <p style="text-align: center;"><u>BREAKFAST FOR LUNCH!</u></p> <p>*Pancake with Syrup</p> <p>*Sausage Patty</p> <p>Fresh Fruit/Seasonal</p> <p>Yogurt</p> <p>Milk, Fat Free</p> <p style="text-align: center;"><u>ALTERNATE</u></p> <p>French Toast Sticks</p>	<p style="text-align: center;">HOT LUNCH</p> <p>PAPA JOHNS</p> <p>CHEESE PIZZA</p> <p>CARROTS & CELERY</p> <p>WITH DRESSING</p> <p>CHILLED FRUIT </p> <p>MILK, FAT FREE</p> <p style="text-align: center;"><u>NO ALTERNATE</u></p>	<p style="text-align: center;">HOT LUNCH</p> <p>*Toasted Ravioli</p> <p>Green Beans</p> <p>Fresh Fruit/Seasonal</p> <p>*Cookie</p> <p>Milk, Fat Free</p> <p style="text-align: center;"><u>ALTERNATE</u></p> <p>Bosco Stick with Sauce</p>	<p style="text-align: center;">HOT LUNCH</p> <p style="text-align: center;"><u>PASTA DAY</u></p> <p>Spaghetti with Meat Sauce</p> <p>Green Beans</p> <p>Breadstick</p> <p>100% Fruit Juice Bar</p> <p>Milk, Fat Free</p> <p style="text-align: center;"><u>ALTERNATE</u></p> <p>Chicken Drumstick</p>
26	27	28	29	30
<p style="text-align: center;">HOT LUNCH</p> <p>Chicken Strips</p> <p>with Bar B Q sauce</p> <p>Corn</p> <p>Lettuce</p> <p>Grapes and Cheese Cubes</p> <p>Milk, Fat Free</p> <p style="text-align: center;"><u>ALTERNATE</u></p> <p>Ham & Cheese on Bagel</p>	<p style="text-align: center;">HOT LUNCH</p> <p>*Chicken Nuggets</p> <p>Mashed Potatoes & Gravy</p> <p>Mixed Vegetables</p> <p>Rainbow Sherbet</p> <p>Milk, Fat Free</p> <p style="text-align: center;"><u>ALTERNATE</u></p> <p>Mini Corn Dogs</p>	<p style="text-align: center;">HOT LUNCH</p> <p>PAPA JOHNS</p> <p>PEPPERONI PIZZA</p> <p>TOSSED SALAD</p> <p>WITH DRESSING</p> <p>CHILLED FRUIT </p> <p>MILK, FAT FREE</p> <p style="text-align: center;"><u>NO ALTERNATE</u></p>	<p style="text-align: center;">HOT LUNCH</p> <p style="text-align: center;"><u>TACOS TODAY!!!</u></p> <p>Crunchy Taco, WG</p> <p>Spanish Rice, WG</p> <p>Mexicali Corn</p> <p>Churro</p> <p>Milk, Fat Free</p> <p style="text-align: center;"><u>ALTERNATE</u></p> <p>Cheese Quesadilla</p>	<p style="text-align: center;">HOT LUNCH</p> <p>*Popcorn Chicken</p> <p>*Seasoned Fries</p> <p>Fresh Fruit/Seasonal</p> <p>*Homemade Brownie</p> <p>Milk, Fat Free</p> <p style="text-align: center;"><u>ALTERNATE</u></p> <p>Cheeseburger</p>
DAILY SPECIALS (GRADES 5-8 ONLY)				
DOUBLE CHEESEBURGER WITH CHIPS \$3.50	2 BOSCO STICKS WITH SAUCE \$3.50	FRENCH BREAD GARLIC WITH SIDE SALAD \$3.50	2 CHICKEN STRIPS WITH FRIES \$3.50	TONY'S 5" PIZZA WITH FRUIT \$3.50

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"

