

# ST. PAUL IN ST. PAUL















Healthy Habits Lunch

FEBRUARY 2019

A large salad will be available every day as a choice

\*= Baked

WG=Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
 <h2 style="font-size: 2em; margin: 0;">February</h2>				<p>1/2 DAY NO LUNCH SERVICE</p>
4	5	6	7	8
<p><b>HOT LUNCH</b> <u><b>SUPER BOWL SPECIAL</b></u> Tight End Burger Quarterback Fries Kicker Celery Sticks Linebacker Cookie Kick Off Milk  <b>SUPER BOWL</b> <u>ALTERNATE</u> Touchdown Popcorn Chicken</p>	<p><b>HOT LUNCH</b> <u><b>NATIONAL HOT BREAKFAST DAY</b></u> *Waffle with Syrup *Sausage Patty Fresh Fruit/Seasonal Strawberry Yogurt Cup Milk, Fat Free  <u>ALTERNATE</u> Egg, Bacon &amp; Cheese Breakfast Panini</p>	<p><b>HOT LUNCH</b> PAPA JOHNS CHEESE PIZZA CARROTS &amp; CELERY RANCH DRESSING CHILLED FRUIT MILK, FAT FREE  <b>DONUTS BEFORE SCHOOL</b> <b>\$1.00 CASH ONLY</b> <u>NO ALTERNATE</u></p>	<p><b>HOT LUNCH</b> <u><b>NATIONAL FETTUCCINI ALFREDO DAY</b></u> Chicken Fettuccini Alfredo Lettuce &amp; Carrot Salad Lite Italian Dressing Fresh Fruit/Seasonal *Garlic Breadstick Milk, Fat Free  <u>ALTERNATE</u> Toasted Ravioli</p>	<p><b>HOT LUNCH</b> Pizza Quesadilla Corn Fresh Fruit/Seasonal Sherbet Milk, Fat Free <u>ALTERNATE</u> Mini Tacos</p>
11	12	13	14	15
<p><b>HOT LUNCH</b> Ham &amp; Cheese on Bagel *Cheddar Goldfish, WG Fresh Fruit/Seasonal Chocolate Pudding Milk, Fat Free  <u>ALTERNATE</u> Hot Dog</p>	<p><b>HOT LUNCH</b> Manwich Sloppy Joe on WG Bun Green Beans Fresh Fruit/Seasonal Vanilla Ice Cream Milk, Fat Free  <u>ALTERNATE</u> Chicken Drumstick</p>	<p><b>HOT LUNCH</b> PAPA JOHNS PEPPERONI PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE  <u>NO ALTERNATE</u></p>	<p><b>HOT LUNCH</b> <u><b>Valentines Day</b></u> Friendship Nuggets Cupid's Arrow (Carrot Sticks) Shimmering Heart Jell-O Valentine Treat Gotta Love Milk  <b>CHIPWICHES</b> <b>\$1.50 CASH ONLY</b> <u>ALTERNATE</u> Cupid Mini Corn Dogs</p>	<p><b>HOT LUNCH</b> *Pig in a Blanket Smiley Face Potatoes Green Beans Oreo Cookies Milk, Fat Free  <u>ALTERNATE</u> Chicken Snack Wrap</p>
18	19	20	21	22
<p><b>NO SCHOOL</b> </p>	<p><b>HOT LUNCH</b> <u><b>President's Day</b></u> By-George Cheeseburger No-Lie Chips My Little Hatchet Peaches Presidential Milk  <u>ALTERNATE</u> Abraham Lincoln Chicken Drumsticks</p>	<p><b>HOT LUNCH</b> CHICK-FIL-A DAY <u><b>GRADES PK-4</b></u> CHICKEN SLIDER FRENCH FRIES FRESH FRUIT/SEASONAL MILK, FAT FREE  <u><b>GRADES 5-8</b></u> LARGE CHICKEN SANDWICH WITH FRIES \$5.25 <u>NO ALTERNATE</u></p>	<p><b>HOT LUNCH</b> <u><b>NATIONAL PANCAKE DAY</b></u> Biscuit &amp; Gravy Scrambled Eggs Hash Brown Triangle Fresh Fruit/Seasonal Milk, Fat Free  <u>ALTERNATE</u> Pancakes with Syrup</p>	<p><b>HOT LUNCH</b> Bowl of Chili *Cheddar Goldfish, WG Fresh Fruit/Seasonal Jell-O Milk, Fat Free  <u>ALTERNATE</u> Grilled Cheese</p>
25	26	27	28	
<p><b>HOT LUNCH</b> <u><b>Star Wars Day</b></u> Luke Skywalker Chicken Strips Boba Fett BBQ Sauce Stormtrooper Corn R2D2 Fruit Eewok Cookie Darth Vader Milk  <u>ALTERNATE</u> C-3PO Cheese Quesadilla</p>	<p><b>HOT LUNCH</b> *Popcorn Shrimp *Seasoned Fries Mixed Vegetables *Cookie Milk, Fat Free  <u>ALTERNATE</u> Chicken Patty Sandwich</p>	<p><b>HOT LUNCH</b> PAPA JOHNS CHEESE PIZZA CARROTS &amp; CELERY WITH RANCH DRESSING CHILLED FRUIT MILK, FAT FREE  <u>NO ALTERNATE</u></p>	<p><b>HOT LUNCH</b> *Bosco Stick Spaghetti Sauce Mixed Vegetables Fresh Fruit/Seasonal 100% Fruit Juice Bar Milk, Fat Free  <u>ALTERNATE</u> Chicken Soft Taco</p>	

DAILY SPECIALS (GRADES 5-8 ONLY)				
GRILLED CHICKEN SANDWICH AND CHIPS \$3.35	TOASTED RAVIOLI WITH SAUCE \$2.50	GRILLED CHEESE ON TEXAS TOAST 3.10	CHICKEN NUGGETS AND FRIES \$2.75	DOUBLE CHEESEBURGER AND CHIPS \$3.40

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