

# ST. PAUL IN ST. PAUL

## Healthy Habits Lunch

**JANUARY 2020**

\* = Baked

WG = Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
<p><b>HOT LUNCH</b> *Jumbo Corn Dog Green Beans Fresh Fruit/Seasonal *Vanilla Wafers Milk, Fat Free</p> <p><b>ALTERNATE</b> Turkey/Bacon/Cheese on Skinny Bun</p>	<p><b>HOT LUNCH</b> <b>BREAKFAST FOR LUNCH!</b> Scrambled Eggs *Hash Brown Triangle Fresh Fruit/Seasonal Cinnamon Roll Milk, Fat Free</p> <p><b>ALTERNATE</b> PANCAKES</p>	<p><b>HOT LUNCH</b> Papa John's Pepperoni Pizza Tossed Salad with dressing Chilled Fruit Milk, Fat Free</p> <p> <b>DONUTS BEFORE SCHOOL</b> <b>\$1.00 CASH ONLY</b> <b>NO ALTERNATE</b></p>	<p><b>HOT LUNCH</b> * Chicken Strips Corn Fresh Fruit/Seasonal Cookie Milk, Fat Free</p> <p><b>ALTERNATE</b> PULLED PORK SLAMMER</p>	<p style="text-align: center;"><b>1/2 DAY</b> <b>NO FOOD SERVICE</b></p>
13	14	15	16	17
<p><b>HOT LUNCH</b> Bowl of Chili *Cheddar Goldfish, WG Fresh Fruit/Seasonal Jell-O Milk, Fat Free</p> <p><b>ALTERNATE</b> POPCORN CHICKEN</p>	<p><b>HOT LUNCH</b> <b>PASTA DAY</b> Spaghetti with Meat Sauce Green Beans Breadstick Cookie Milk, Fat Free</p> <p> <b>ALTERNATE</b> CHICKEN DRUMMIES</p>	<p><b>HOT LUNCH</b> Papa John's Cheese Pizza Carrots/Celery with Ranch Chilled Fruit Milk, Fat Free</p> <p> <b>Supervisor's Special</b> <b>ROOT BEER FLOATS \$1.25</b> <b>CASH ONLY</b></p>	<p><b>HOT LUNCH</b> Soft Pretzel w/cheese Baby Carrots w/Ranch Fresh Fruit/Seasonal Rice Krispies Treat Milk, Fat Free</p> <p><b>ALTERNATE</b> MINI CORN DOGS</p>	<p><b>HOT LUNCH</b> *Grilled Chicken Sandwich Seasoned Noodles Corn Fresh Fruit/Seasonal Milk, Fat Free</p> <p><b>ALTERNATE</b> HOT DOG</p>
20	21	22	23	24
<p style="text-align: center;"><b>NO SCHOOL</b> <b>MLK DAY</b></p> <p></p>	<p><b>HOT LUNCH</b> *Chicken Nuggets Mashed Potatoes &amp; Gravy Corn Cookie Milk, Fat Free</p> <p><b>ALTERNATE</b> CHEESEBURGER</p>	<p><b>HOT LUNCH</b> Papa John's Pepperoni Pizza Tossed Salad with dressing Chilled Fruit Milk, Fat Free</p> <p> <b>NO ALTERNATE</b></p>	<p><b>HOT LUNCH</b> Baked Macaroni &amp; Cheese Green Beans Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p> <p><b>ALTERNATE</b> CRUNCHY TACO</p>	<p><b>HOT LUNCH</b> <b>CHINESE NEW YEAR</b> Sweet N Sour Chicken White Rice Steamed Broccoli Fortune Cookie Milk, Fat Free</p> <p> <b>ALTERNATE</b> GRILLED CHEESE</p>
27	28	29	30	31
<p><b>HOT LUNCH</b> *Popcorn Shrimp *Seasoned Fries Carrots *Cookie Milk, Fat Free</p> <p><b>ALTERNATE</b> CHICKEN STRIPS</p>	<p><b>HOT LUNCH</b> Biscuit and Gravy Scrambled Eggs Hash Brown Triangle Fresh Fruit/Seasonal Milk, Fat Free</p> <p><b>ALTERNATE</b> WAFFLE &amp; SYRUP</p>	<p><b>HOT LUNCH</b> Papa John's Cheese Pizza Carrots/Celery with Ranch Chilled Fruit Milk, Fat Free</p> <p> <b>NO ALTERNATE</b></p>	<p><b>HOT LUNCH</b> All Natural Hot Dog on Bun *French Fries with Ketchup Fresh Veggies Lite Ranch Dressing Jell-O Milk, Fat Free</p> <p><b>ALTERNATE</b> SOFT TACO</p>	<p><b>HOT LUNCH</b> Cheese Ravioli Pasta Spaghetti Sauce Steamed Broccoli Garlic Breadstick Fresh Fruit/Seasonal Milk, Fat Free</p> <p><b>ALTERNATE</b> CHICKEN DRUMSTICK</p>

### DAILY SPECIALS (GRADES 5-8 ONLY)

CHICKEN NUGGETS W/FRIES \$3.50	TOASTED RAVIOLI WITH SAUCE FRESH FRUIT/SEASONAL \$3.50	PRETZEL W/CHEESE FRESH FRUIT/SEASONAL \$3.50	GRILLED CHICKEN PATTY SANDWICH W/CHIPS \$3.50	TONY'S CHEESE PIZZA FRESH FRUIT/SEASONAL \$3.50
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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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