

ST. PAUL IN ST. PAUL

Healthy Habits Lunch

JANUARY 2021

*= Baked

WG=Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="display: flex; justify-content: space-between;">   </div>				
4	5	6	7	8
<p>ENTRÉE CHOICE 1 Spaghetti with Meat Sauce NATIONAL SPAGHETTI DAY</p> <p>ENTRÉE CHOICE 2 Chicken Drumsticks</p> <p>SIDE ITEMS: Green Beans  Breadstick 100% Fruit Juice Bar Milk, Fat Free</p>	<p>ENTRÉE CHOICE 1 Mini Tacos</p> <p>ENTRÉE CHOICE 2 Chicken Parmesan Slider</p> <p>SIDE ITEMS: Corn Seasonal Fresh Fruit Fresh Baked Brownie Milk, Fat Free</p>	<p>Papa John's Pepperoni Pizza Carrots & Celery with Ranch Chilled Fruit Milk, Fat Free</p> 	<p>ENTRÉE CHOICE 1 All Natural Hot Dog on Bun</p> <p>ENTRÉE CHOICE 2 Soft Pretzel with Cheese</p> <p>SIDE ITEMS: Potato Chips Seasonal Fresh Fruit 2 Oreos Milk, Fat Free</p>	
11	12	13	14	15
<p>ENTRÉE CHOICE 1 Turkey, Bacon & Cheese on Skinny Bun</p> <p>ENTRÉE CHOICE 2 Mini Corn dogs</p> <p>SIDE ITEMS: Baby Carrots Light Ranch Dressing Seasonal Fresh Fruit Mini Rice Krispies Treat Milk, Fat Free</p>	<p>ENTRÉE CHOICE 1 Scrambled Eggs NATIONAL DONUT DAY</p> <p>ENTRÉE CHOICE 2 French Toast Sticks</p> <p>SIDE ITEMS: *Hash Brown Triangle Seasonal Fresh Fruit Donut  Milk, Fat Free</p>	<p>Papa John's Cheese Pizza Tossed Salad with Ranch Chilled Fruit Milk, Fat Free</p> 	<p>ENTRÉE CHOICE 1 * Chicken Strips BBQ Sauce</p> <p>ENTRÉE CHOICE 2 Pulled Pork Slammer</p> <p>SIDE ITEMS: Corn Seasonal Fresh Fruit Cookie Milk, Fat Free</p>	<p>ENTRÉE CHOICE 1 Ham & Cheese on Bagel NATIONAL BAGEL DAY</p> <p>ENTRÉE CHOICE 2 Chicken Nuggets</p> <p>*Cheddar Goldfish, WG Seasonal Fresh Fruit *Teddy Grahams  Milk, Fat Free</p>
18	19	20	21	22
	<p>ENTRÉE CHOICE 1 *Bosco Stick with Spaghetti Sauce</p> <p>ENTRÉE CHOICE 2 Toasted Ravioli</p> <p>SIDE ITEMS: Mixed Vegetables Seasonal Fresh Fruit 100% Fruit Juice Bar Milk, Fat Free</p>	<p>Papa John's Pepperoni Pizza Tossed Salad with Ranch Chilled Fruit Milk, Fat Free</p> 	<p>ENTRÉE CHOICE 1 Hamburger on WG Bun</p> <p>ENTRÉE CHOICE 2 Soft Taco</p> <p>SIDE ITEMS: *Baked Fries Baby Carrots Seasonal Fresh Fruit Milk, Fat Free</p>	<p>ENTRÉE CHOICE 1 *Pig in a Blanket</p> <p>ENTRÉE CHOICE 2 Popcorn Chicken</p> <p>SIDE ITEMS: Smiley Face Potatoes Green Beans Seasonal Fresh Fruit Milk, Fat Free</p>
25	26	27	28	29
<p>ENTRÉE CHOICE 1 *Chicken Patty Sandwich WG</p> <p>ENTRÉE CHOICE 2 Jumbo Corndog</p> <p>SIDE ITEMS: *French Fries/Ketchup Green Beans Seasonal Fresh Fruit Milk, Fat Free</p>	<p>ENTRÉE CHOICE 1 *Pancake with Syrup</p> <p>ENTRÉE CHOICE 2 Egg & Cheese Bagel</p> <p>SIDE ITEMS: *Sausage Patty Seasonal Fresh Fruit Yogurt Milk, Fat Free</p>	<p>Papa John's Cheese Pizza Carrots & Celery with Ranch Chilled Fruit Milk, Fat Free</p> 	<p>ENTRÉE CHOICE 1 *Breaded Chicken Drumstick</p> <p>ENTRÉE CHOICE 2 Toasted Cheese Ravioli</p> <p>SIDE ITEMS: Buttered Noodles Mixed Vegetables Jell-O Milk, Fat Free</p>	<p>ENTRÉE CHOICE 1 *Cheese Quesadilla NATIONAL CORN CHIP DAY</p> <p>ENTRÉE CHOICE 2 Taco Frito Boat</p> <p>SIDE ITEM:  Spanish Rice Corn Seasonal Fresh Fruit Milk, Fat Free</p>

DAILY SPECIALS (GRADES 5-8 ONLY) \$3.50

TOASTED RAVIOLI AND FRUIT	GRILLED CHICKEN SANDWICH AND CHIPS	PRETZEL WITH CHEESE AND FRUIT	6" FRENCH BREAD CHEESE PIZZA AND FRUIT	CHICKEN NUGGETS AND FRIES
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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.

"A Local Company Serving You With Pride"

