

ST. PAUL IN ST. PAUL



Healthy Habits Lunch

MARCH 2019

A large salad will be available every day as a choice

*= Baked

WG=Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
				
<div style="display: flex; justify-content: space-between;"> 4 5 6 7 8 </div>				
<p>HOT LUNCH DR. SEUSS DAY Grinch Hot Dog Sam I Am Chips Cat in the Hat Applesauce Lorax Treat Red Fish/Blue Fish Milk</p>  <p>ALTERNATE Thing 1 Chicken Drumsticks</p>	<p>HOT LUNCH MEXICAN MUNCHIES! Soft Taco Taco Fiesta Beans Lettuce & Tomato Salad Light Ranch Dressing 100% Fruit Juice Bar Milk, Fat Free</p> <p>ALTERNATE Chicken Nuggets</p>	<p>HOT LUNCH PAPA JOHNS CHEESE PIZZA CARROTS & CELERY WITH RANCH DRESSING CHILLED FRUIT MILK, FAT FREE</p>  <p>NO ALTERNATE</p>	<p>HOT LUNCH BREAKFAST FOR LUNCH French Toast Sticks Waffle Breaded Chicken Strip Pancake Syrup Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p> <p style="background-color: yellow;">DONUTS BEFORE SCHOOL \$1.00 CASH ONLY</p> <p>ALTERNATE Breakfast Burrito</p>	<p>HOT LUNCH Toasted Cheese Ravioli Green Beans Mandarin Oranges Brownie Milk, Fat Free</p> <p>ALTERNATE Fish Sticks</p>
<div style="display: flex; justify-content: space-between;"> 11 12 13 14 15 </div>				
<p>HOT LUNCH *Toasted Ravioli Green Beans Fresh Fruit/Seasonal *Cookie Milk, Fat Free</p> <p>ALTERNATE Bosco Stick</p>	<p>HOT LUNCH *Jumbo Corn Dog Corn Fresh Fruit/Seasonal *Vanilla Wafers Milk, Fat Free</p> <p>ALTERNATE Meatball Sub</p>	<p>HOT LUNCH CHICK-FIL-A DAY GRADES PK-4 Chicken Slider French Fries Fresh Fruit/Seasonal Milk, Fat Free</p> <p style="color: red; font-style: italic;">Chick-fil-A</p> <p>GRADES 5-8 Large Chicken Sandwich with Fries \$5.25</p> <p>NO ALTERNATE</p>	<p>HOT LUNCH NATIONAL POTATO CHIP DAY *Breaded Chicken Drumstick Chips Mixed Vegetables Pudding Milk, Fat Free</p> <p style="background-color: yellow;">DIRT CUPS \$1.00 CASH ONLY</p> <p>ALTERNATE Pulled Pork Slammer</p>	<p>HOT LUNCH ST. PATRICK'S DAY McGrilled Cheese O'Tator Tots Blarney Stone Cookie Shimmering Jell-O Lucky Milk Carton</p>  <p>ALTERNATE Pot O' Gold Pretzel & Cheese</p>
<div style="display: flex; justify-content: space-between;"> 18 19 20 21 22 </div>				
				
<div style="display: flex; justify-content: space-between;"> 25 26 27 28 29 </div>				
<p>HOT LUNCH SPRING BREAK SPECIAL Bahama Cheeseburger St. Thomas Tator Tots "Get Going" Green Beans Frolicking Fruit Oceanside Milk</p>  <p>ALTERNATE Hawaiian Hot Dog</p>	<p>HOT LUNCH NATIONAL WAFFLE DAY Scrambled Eggs *Hash Brown Triangle Fresh Fruit/Seasonal Muffin Milk, Fat Free</p>  <p>ALTERNATE Waffle with Syrup</p>	<p>HOT LUNCH PAPA JOHNS PEPPERONI PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE</p>  <p>NO ALTERNATE</p>	<p>HOT LUNCH START OF CARDINAL SEASON Grand Slam Grilled Chicken Sandwich Baseball Chips Curve Ball Cookie Bases Loaded Fruit Home Run Milk</p>  <p>ALTERNATE Cardinal Crunchy Taco</p>	<p>HOT LUNCH Nachos and Cheese, WG Green Beans Fresh Fruit/Seasonal Churro Milk, Fat Free</p> <p>ALTERNATE Popcorn Shrimp</p>
DAILY SPECIALS (GRADES 5-8 ONLY)				
CHICKEN PATTY ON BUN WITH CHIPS 3.10	BACON CHEESEBURGER AND CHIPS \$3.20	FRENCH BREAD GARLIC CHEESE PIZZA \$2.60	CHICKEN STRIPS AND FRIES 2.90	2 BOSCO STICKS WITH SAUCE \$3.00

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"

