

ST. PAUL IN ST. PAUL

Healthy Habits Lunch

MAY 2019

* = Baked

WG = Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<p style="text-align: center;">HOT LUNCH</p> <p>PAPA JOHNS PEPPERONI PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE NO ALTERNATE</p>	<p style="text-align: center;">HOT LUNCH</p> <p>* Chicken Strips Mixed Veggies Fresh Fruit/Seasonal Cookies Milk, Fat Free</p> <p style="text-align: center;">ALTERNATE</p> <p>Meatball Sub</p>	<p style="text-align: center;">HOT LUNCH</p> <p style="text-align: center;"><u>CINCO DE MAYO CELEBRATION</u></p> <p>Crunchy Taco Taco Fiesta Beans Corn Churro Milk, Fat Free ALTERNATE Cheese Quesadilla</p>
6	7	8	9	10
<p style="text-align: center;">HOT LUNCH</p> <p>*Chicken Patty Sandwich WG *French Fries/Ketchup Green Beans Fresh Fruit/Seasonal Milk, Fat Free</p> <p style="text-align: center;">ALTERNATE</p> <p>Hot Dog</p>	<p style="text-align: center;">HOT LUNCH</p> <p>*Chicken Nuggets Corn Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p> <p style="text-align: center;">ALTERNATE</p> <p>Turkey & Cheese on Bagel</p>	<p style="text-align: center;">HOT LUNCH</p> <p>PAPA JOHNS CHEESE PIZZA CARROTS & CELERY WITH RANCH CHILLED FRUIT MILK, FAT FREE</p> <p style="text-align: center;">DONUTS BEFORE SCHOOL</p> <p style="text-align: center;">\$1.00 CASH ONLY</p> <p style="text-align: center;">NO ALTERNATE</p>	<p style="text-align: center;">HOT LUNCH</p> <p>*Bosco Stick Spaghetti Sauce Mixed Vegetables Fresh Fruit/Seasonal 100% Fruit Juice Bar Milk, Fat Free</p> <p style="text-align: center;">ALTERNATE</p> <p>Toasted Ravioli</p>	<p style="text-align: center;">HOT LUNCH</p> <p>Cheeseburger on WG Bun Baby Carrots Jell-O Fresh Fruit/Seasonal Milk, Fat Free</p> <p style="text-align: center;">ALTERNATE</p> <p>Chicken Taco</p>
13	14	15	16	17
<p style="text-align: center;">HOT LUNCH</p> <p>*Jumbo Corn Dog Broccoli Fresh Fruit/Seasonal Pudding Milk, Fat Free</p> <p style="text-align: center;">ALTERNATE</p> <p>Bagel Bites</p>	<p style="text-align: center;">HOT LUNCH</p> <p style="text-align: center;"><u>BREAKFAST FOR LUNCH!</u></p> <p>*Waffle with Syrup *Sausage Patty Fresh Fruit/Seasonal Strawberry Yogurt Cup Milk, Fat Free</p> <p style="text-align: center;">ALTERNATE</p> <p>Egg & Cheese on Bagel</p>	<p style="text-align: center;">HOT LUNCH</p> <p style="text-align: center;"><i>Chick-Fil-A</i></p> <p>CHICK-FIL-A-DAY GRADES PK-4 CHICKEN SLIDER FRENCH FRIES FRESH FRUIT/SEASONAL MILK, FAT FREE GRADES 5-8 LARGE CHICKEN SANDWICH WITH FRIES \$5.25 NO ALTERNATE</p>	<p style="text-align: center;">HOT LUNCH</p> <p>MACHO NACHOS CHIPS, TACO MEAT, CHEESE, SALSA, ASSORTED TOPPINGS MILK, FAT FREE</p> <p style="text-align: center;">SMOOTHIE KING \$1.00 CASH ONLY NO ALTERNATE</p>	<p>1/2 DAY</p> <p style="text-align: center;">NO FOOD SERVICE</p>
20	21	22	23	24
<p style="text-align: center;">HOT LUNCH</p> <p style="text-align: center;"><u>END OF YEAR SPECIAL</u></p> <p>Hot Diggity Dog It's Been Fun Chips Catch Me if You Can Veggies Going on Vacation Fruit Goodbye Milk</p> <p style="text-align: center;">ALTERNATE</p> <p>Sleeping In Chicken</p>	<p style="text-align: center;">HOT LUNCH</p> <p style="text-align: center;"><u>SCHOOL'S OUT SPECIAL</u></p> <p>Sunny Skies Ahead Grilled Cheese Fun in the Sun Fruit Catch Some Rays Chips Cool Times Ahead Treat Good Bye Milk</p> <p style="text-align: center;">ALTERNATE</p> <p>Farewell Chicken</p>	<p style="text-align: center;">HOT LUNCH</p> <p>PAPA JOHNS PEPPERONI PIZZA CARROTS & CELERY WITH RANCH CHILLED FRUIT MILK, FAT FREE</p> <p style="text-align: center;">NO ALTERNATE</p>	<p style="text-align: center;">HOT LUNCH</p> <p>Mini Tacos Veggies Fresh Fruit/Seasonal Treat Milk, Fat Free</p> <p style="text-align: center;">ALTERNATE</p> <p>Mini Corn Dogs</p>	<p>LAST DAY OF SCHOOL</p> <p>11:00 DISMISSAL</p> <div style="text-align: center;">  </div>

DAILY SPECIALS (GRADES 5-8 ONLY)

2 BOSCO STICKS WITH SAUCE \$3.00	TONY'S 5" PIZZA \$2.75	GRILLED CHEESE ON TEXAS TOAST WITH CHIPS \$3.10	BACON CHEESEBURGER WITH CHIPS 3.70	CHICKEN STRIPS WITH FRIES 2.90
-------------------------------------	---------------------------	----------------------------------------------------	---------------------------------------	-----------------------------------

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"

