

ST. PAUL IN ST. PAUL

Healthy Habits Lunch

November 2019

* = Baked

WG = Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Fall Break-No School 
				8
4 HOT LUNCH Popcorn Chicken Wrap Fresh Fruit/Seasonal Fresh Vegetables & Dip Oreos Milk, Fat Free ALTERNATE JUMBO CORN DOG	5 HOT LUNCH <u>ELECTION DAY</u> BALLOT CHEESEBURGER DEMOCRATIC TATER TOTS POLLING PLACE PEACHES REPUBLICAN RICE KRISPIES TREAT MAJORITY MILK, FAT FREE ALTERNATE VOTE FOR ME HOT DOG	6 HOT LUNCH PAPA JOHNS CHEESE PIZZA CARROTS & CELERY WITH DRESSING CHILLED FRUIT MILK, FAT FREE DONUTS BEFORE SCHOOL \$1.00 CASH ONLY NO ALTERNATE	7 HOT LUNCH <u>HUG A BEAR DAY</u> TEDDY BEAR BOSCO STICK W/SUN BEAR SAUCE MY FRIEND MIXED VEGGIES BEST BUDDY FRUIT TEDDY GRAHAMS COMPANION MILK, FAT FREE ALTERNATE CUDDLY CHICKEN SOFT TACO	1/2 DAY NO FOOD SERVICE
				15
11 HOT LUNCH <u>VETERANS DAY</u> Tribute Toasted Ravioli Hero Green Beans Overseas Oranges Courage Cookie Memorial Milk ALTERNATE RED WHITE & BLUE MINI CORN DOGS	12 HOT LUNCH <u>PASTA DAY</u> Spaghetti with Meat Sauce Green Beans Breadstick 100% Fruit Juice Bar Milk, Fat Free ALTERNATE CHICKEN NUGGETS	13 HOT LUNCH CHICK-FIL-A DAY <u>GRADES PK-4</u> CHICKEN SLIDER FRENCH FRIES FRESH FRUIT/SEASONAL MILK, FAT FREE <u>GRADES 5-8</u> LARGE CHICKEN SANDWICH AND FRIES \$5.30 NO ALTERNATE	14 HOT LUNCH <u>NATIONAL PICKLE DAY</u> PULLED PORK SLAMMER PASTA SALAD PICKLE SLICES FRESH FRUIT/SEASONAL MILK, FAT FREE ALTERNATE CHICKEN DRUMMIE	All Natural Hot Dog on Bun Potato Chips Fresh Fruit/Seasonal 2 Oreos Milk, Fat Free ALTERNATE MANWICH SLOPPY JOES
				22
18 HOT LUNCH <u>MICKEY MOUSE'S BIRTHDAY</u> Mickey Burgers Minnie Chips (Tator Tots) Goofy Fruit Donald Duck Dessert Pluto Milk ALTERNATE CHIP & DALE CHICKEN STRIPS	19 HOT LUNCH <u>BREAKFAST FOR LUNCH!</u> *Pancake with Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free ALTERNATE BREAKFAST BURRITO	20 PAPA JOHNS CHEESE PIZZA CARROTS & CELERY WITH DRESSING CHILLED FRUIT MILK, FAT FREE NO ALTERNATE	21 HOT LUNCH Nachos and Cheese, WG Corn Fresh Fruit/Seasonal Churro Milk, Fat Free MANAGER SPECIAL CHIPWICH ICE CREAM SANDWICH \$1.50 CASH ONLY ALTERNATE MINI TACOS	HOT LUNCH Ham & Cheese on Bagel *Cheddar Goldfish, WG Fresh Fruit/Seasonal *Teddy Graham's Milk, Fat Free ALTERNATE PIG IN A BLANKET
				29
25 HOT LUNCH <u>NATIONAL SANDWICH MONTH</u> Golden Grilled Cheese, WG Fresh Vegetables w/dip Fresh Fruit/Seasonal Vanilla Ice Cream Milk, Fat Free ALTERNATE CHICKEN PATTY SANDWICH	26 HOT LUNCH <u>THANKSGIVING FEAST</u> OPEN-FACED TURKEY MASHED POTATOES/GRAVY MIXED VEGGIES BROWNIE MILK, FAT FREE ALTERNATE CHICKEN DRUMSTICK	NO SCHOOL THANKSGIVING BREAK		NO SCHOOL THANKSGIVING BREAK
DAILY SPECIALS (GRADES 5-8 ONLY)				
2 BOSCO STICKS WITH SAUCE \$3.00	CHICKEN PATTY ON BUN WITH CHIPS 3.50	GRILLED CHEESE ON TEXAS TOAST 3.50	CHICKEN STRIPS AND FRIES 3.50	CHEESEBURGER AND CHIPS 3.50

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