


ST. PAUL IN ST. PAUL

Healthy Habits Lunch

OCTOBER 2019

* = Baked

WG = Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	<div style="text-align: center;">  <h1 style="font-size: 2em; color: orange;">Fall Break</h1> </div>			



HOT LUNCH
BLUES HOME OPENER
 HOCKEY PUCK DRUMMIES
 TARASENKO TOTS
 CENTER ICE FROZEN TREATS
 BETWEEN THE PIPES FRUIT
 GOALIE MASK MILK

ALTERNATE
 ZAMBONI HOT DOG

HOT LUNCH
 PAPA JOHNS
 PEPPERONI PIZZA
 CARROTS & CELERY
 WITH DRESSING
 CHILLED FRUIT
 MILK, FAT FREE

DONUTS BEFORE SCHOOL
\$1.00 CASH ONLY
 NO ALTERNATE

HOT LUNCH
NATIONAL TACO DAY
 Crunchy Taco, WG
 Spanish Rice, WG
 Mexicali Corn
 Fresh Fruit/Seasonal
 Milk, Fat Free

ALTERNATE
 Cheese Quesadilla

1/2 DAY
 NO FOOD SERVICE

HOT LUNCH
WORLD TEACHERS DAY
 TEACHER TOASTED RAVIOLI
 SCHOOL APPLES
 LEARNING CARROTS & RANCH
 EDUCATION COOKIE
 MATH MILK, FAT FREE

ALTERNATE
 SCIENCE CHICKEN STRIPS

HOT LUNCH
 Hamburger on WG Bun
 Tiny Twist Pretzel
 Fresh Fruit/Seasonal
 Rice Krispies Treat
 Milk, Fat Free

ALTERNATE
 Corn Dog

HOT LUNCH
 CHICK-FIL-A DAY
GRADES PK-4
 CHICKEN SLIDER
 FRENCH FRIES
 FRESH FRUIT/SEASONAL
 MILK, FAT FREE
GRADES 5-8
 LARGE CHICKEN SANDWICH
 AD FRIES \$5.30
 NO ALTERNATE

HOT LUNCH
 Grilled Cheese Sandwich, WG
 Green Beans
 Fresh Fruit/Seasonal
 Cookie
 Milk, Fat Free

ALTERNATE
 Grilled Chicken Sandwich

HOT LUNCH
 Toasted Cheese Ravioli
 Spaghetti Sauce
 Steamed Broccoli
 Breadstick
 Vanilla Wafers
 Milk, Fat Free

ALTERNATE
 Fish Sticks

HOT LUNCH
COLUMBUS DAY
 NINA BOSCO STICK
 PINTA MIXED VEGGIES
 SANTA MARIA APPLESAUCE
 1492 OCEAN BLUE OREOS
 MAP MILK, FAT FREE

ALTERNATE
 AMERICA CHICKEN NUGGETS

HOT LUNCH
NATIONAL PRETZEL MONTH
 Turkey, Bacon & Cheese
 on Skinny Bun
 Baby Carrots
 Light Ranch Dressing
 Chips
 Mini Rice Krispies Treat
 Milk, Fat Free

SUNDAE BAR
\$1.75 CASH ONLY
ALTERNATE
 PRETZEL WITH CHEESE

HOT LUNCH
 PAPA JOHNS
 CHEESE PIZZA
 TOSSED SALAD
 WITH DRESSING
 CHILLED FRUIT
 MILK, FAT FREE

NO ALTERNATE

HOT LUNCH
NATIONAL PASTA DAY
 Spaghetti with Meat Sauce
 Green Beans
 Breadstick
 100% Fruit Juice Bar
 Milk, Fat Free

ALTERNATE
 Chicken Drumstick

HOT LUNCH
NATIONAL CHILI MONTH
 Bowl of Chili
 *Cheddar Goldfish, WG
 Fresh Fruit/Seasonal
 Jell-O
 Milk, Fat Free

ALTERNATE
 Popcorn Chicken

HOT LUNCH
 Chicken Wrap
 Potato Chips
 Fresh Fruit/Seasonal
 Chocolate Pudding
 Milk, Fat Free

ALTERNATE
 Mini Corn Dogs

HOT LUNCH
BREAKFAST FOR LUNCH
 Biscuit and Gravy
 Scrambled Eggs
 Hash Brown Triangle
 Fresh Fruit/Seasonal
 Milk, Fat Free
ALTERNATE
 Waffle with Syrup

HOT LUNCH
 PAPA JOHNS
 PEPPERONI PIZZA
 CARROTS & CELERY
 WITH DRESSING
 CHILLED FRUIT
 MILK, FAT FREE
 NO ALTERNATE

1/2 DAY
 NO FOOD SERVICE

NO SCHOOL
 FALL BREAK

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

DAILY SPECIALS (GRADES 5-8 ONLY)

GRILLED CHICKEN SANDWICH WITH CHIPS \$3.50	TONY'S 5" PIZZA WITH FRUIT \$3.50	PRETZEL WITH CHEESE AND FRUIT \$3.50	4 CHICKEN NUGGETS WITH FRIES \$3.50	2 BOSCO STICKS WITH SAUCE \$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).



Food Service Consultants, Inc.
 "Serving You With Pride"

