


ST. PAUL IN ST. PAUL

Healthy Habits Lunch

OCTOBER 2020

* = Baked

WG = Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
				
			8	9
<p>ENTRÉE CHOICE 1 Mini Tacos</p> <p>ENTRÉE CHOICE 2 Cheese Quesadilla</p> <p>SIDE ITEMS: Corn Seasonal Fresh Fruit Fresh Baked Brownie Milk, Fat Free</p>	<p>ENTRÉE CHOICE 1 *Boneless Chicken Drumsticks</p> <p>ENTRÉE CHOICE 2 Cheeseburger</p> <p>SIDE ITEMS: Mashed Potatoes with Gravy Seasonal Fresh Fruit *Fresh Baked Brownie Milk, Fat Free</p>	<p>ENTRÉE CHOICE 1 PAPA JOHNS CHEESE PIZZA</p> <p>NO ENTRÉE CHOICE 2</p> <p>SIDE ITEMS: CARROTS AND CELERY WITH RANCH DRESSING CHILLED FRUIT MILK, FAT FREE</p>	<p>ENTRÉE CHOICE 1 All Natural Hot Dog on Bun</p> <p>ENTRÉE CHOICE 2 Pretzel with Cheese</p> <p>SIDE ITEMS: Potato Chips Seasonal Fresh Fruit 2 Oreos Milk, Fat Free</p>	<p style="text-align: center;">1/2 DAY NO FOOD SERVICE</p> <p>ENTRÉE CHOICE 1 Bowl of Chili</p> <p>ENTRÉE CHOICE 2 Popcorn Chicken</p> <p>SIDE ITEMS: *Cheddar Goldfish, WG Seasonal Fresh Fruit Jell-O Milk, Fat Free</p>
5	6	7	8	9
<p>COLUMBUS DAY</p> <p>ENTRÉE CHOICE 1 NINA BOSCO STICK</p> <p>ENTRÉE CHOICE 2 AMERICA CHICKEN NUGGETS</p> <p>SIDE ITEMS: Pinta Mixed Vegetables Santa Maria Applesauce 1492 Ocean Blue Oreos Map Milk, Fat Free</p>	<p>ENTRÉE CHOICE 1 *French Toast Sticks with Syrup</p> <p>ENTRÉE CHOICE 2 Pancakes</p> <p>SIDE ITEMS: *Bacon *Triangle Hash Brown Seasonal Fresh Fruit Milk, Fat Free</p>	<p>ENTRÉE CHOICE 1 PAPA JOHNS PEPPERONI PIZZA</p> <p>NO ENTRÉE CHOICE 2</p> <p>SIDE ITEMS: TOSSED SALAD WITH RANCH DRESSING CHILLED FRUIT MILK, FAT FREE</p>	<p>ENTRÉE CHOICE 1 *Chicken Patty Sandwich WG</p> <p>ENTRÉE CHOICE 2 Mini Corn Dogs</p> <p>SIDE ITEMS: *French Fries/Ketchup Green Beans Seasonal Fresh Fruit Milk, Fat Free</p>	<p>NATIONAL PASTA DAY</p> <p>ENTRÉE CHOICE 1 Spaghetti with Meat Sauce</p> <p>ENTRÉE CHOICE 2 Chicken Drumsticks</p> <p>SIDE ITEMS: Green Beans *WG Dinner Roll 100% Fruit Juice Bar Milk, Fat Free</p>
12	13	14	15	16
<p>ENTRÉE CHOICE 1 Grilled Cheese Sandwich, WG</p> <p>ENTRÉE CHOICE 2 Manwich Sloppy Joe</p> <p>SIDE ITEMS: Green Beans Seasonal Fresh Fruit Cookie Milk, Fat Free</p>	<p>ENTRÉE CHOICE 1 Nachos and Cheese, WG</p> <p>ENTRÉE CHOICE 2 Chicken Strips</p> <p>SIDE ITEMS: Green Beans Seasonal Fresh Fruit Churro Milk, Fat Free</p>	<p>ENTRÉE CHOICE 1 PAPA JOHNS CHEESE PIZZA</p> <p>NO ENTRÉE CHOICE 2</p> <p>SIDE ITEMS: CARROTS AND CELERY WITH RANCH DRESSING CHILLED FRUIT MILK, FAT FREE</p>	<p>HALLOWEEN SPECIAL</p> <p>ENTRÉE CHOICE 1 Skeleton Bones (Chicken Legs)</p> <p>ENTRÉE CHOICE 2 Devil Dog (Hot Dog)</p> <p>SIDE ITEMS: Spider Legs (Fries) Bat's Teeth (Corn) Witches Surprise Monster Mash Milk</p>	<p style="text-align: center;">1/2 DAY NO FOODSERVICE</p>
19	20	21	22	23
			29	30

FALL BREAK THIS WEEK. ENJOY!



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

CHICKEN PATTY SANDWICH WITH CHIPS	BACON CHEESEBURGER WITH CHIPS	GRILLED CHEESE ON TEXAS TOAST WITH FRUIT	CHICKEN STRIPS WITH FRIES	2 BOSCO STICKS AND CHIPS
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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"

