

# ST. PAUL IN ST. PAUL

Healthy Habits Lunch

SEPTEMBER 2019

\* = Baked

WG = Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>NO SCHOOL</p> 	<p style="text-align: center;"><b>HOT LUNCH</b></p> <p>*Chicken Patty Sandwich WG Chips Green Beans Fresh Fruit/Seasonal Milk, Fat Free</p> <p style="text-align: center;"><u>ALTERNATE</u> Pig in a Blanket</p>	<p style="text-align: center;"><b>HOT LUNCH</b></p> <p>PAPA JOHNS CHEESE PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE</p> <p style="text-align: center;">DONUTS BEFORE SCHOOL \$1.00 CASH ONLY</p> <p style="text-align: center;"><u>NO ALTERNATE</u></p>	<p style="text-align: center;"><b>HOT LUNCH</b></p> <p>Nachos and Cheese, WG Green Beans Fresh Fruit/Seasonal Churro Milk, Fat Free</p> <p style="text-align: center;"><u>ALTERNATE</u> Cheeseburger Burrito</p>	<p>1/2 DAY</p> <p>NO FOOD SERVICE</p>
9	10	11	12	13
<p style="text-align: center;"><b>HOT LUNCH</b></p> <p>Fettuccini Alfredo with Chicken Steamed Broccoli *Fresh Breadsticks Oreos Milk, Fat Free</p> <p style="text-align: center;"><u>ALTERNATE</u> Toasted Ravioli</p>	<p style="text-align: center;"><b>HOT LUNCH</b></p> <p>*Boneless Chicken Drumsticks Mashed Potatoes with Gravy Fresh Fruit/Seasonal *Fresh Baked Brownie Milk, Fat Free</p> <p style="text-align: center;"><u>ALTERNATE</u> Mini Corn Dogs</p>	<p style="text-align: center;"><b>HOT LUNCH</b></p> <p>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 &amp; FRIES \$5.30 <u>NO ALTERNATE</u></p>	<p style="text-align: center;"><b>HOT LUNCH</b></p> <p><b>BREAKFAST FOR LUNCH!</b> *Waffle with Syrup *Sausage Patty Fresh Fruit/Seasonal Strawberry Yogurt Cup Milk, Fat Free</p> <p style="text-align: center;"><u>ALTERNATE</u> Egg &amp; Cheese Bagel</p>	<p style="text-align: center;"><b>HOT LUNCH</b></p> <p>Manwich Sloppy Joe on WG Bun Green Beans Fresh Fruit/Seasonal Vanilla Ice Cream Milk, Fat Free</p> <p style="text-align: center;"><u>ALTERNATE</u> Popcorn Chicken</p>
16	17	18	19	20
<p style="text-align: center;"><b>HOT LUNCH</b></p> <p>*Popcorn Shrimp *Seasoned Fries Mixed Vegetables *Cookie Milk, Fat Free</p> <p style="text-align: center;"><u>ALTERNATE</u> Beef Dippers</p>	<p style="text-align: center;"><b>HOT LUNCH</b></p> <p>Baked Macaroni &amp; Cheese Green Beans Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p> <p style="text-align: center;">DIRT CUPS \$1.00 CASH ONLY</p> <p style="text-align: center;"><u>ALTERNATE</u> Hot Dog</p>	<p style="text-align: center;"><b>HOT LUNCH</b></p> <p>PAPA JOHNS PEPPERONI PIZZA CARROTS &amp; CELERY WITH DRESSING CHILLED FRUIT MILK, FAT FREE</p> <p style="text-align: center;"><u>NO ALTERNATE</u></p>	<p style="text-align: center;"><b>HOT LUNCH</b></p> <p>Mini Tacos Corn Fresh Fruit/Seasonal Fresh Baked Brownie Milk, Fat Free</p> <p style="text-align: center;"><u>ALTERNATE</u> Meatball Sub</p>	<p style="text-align: center;"><b>HOT LUNCH</b></p> <p>Chicken Wrap Potato Chips Fresh Fruit/Seasonal Jell-O Milk, Fat Free</p> <p style="text-align: center;"><u>ALTERNATE</u> Cheese Quesadilla</p>
23	24	25	26	27
<p style="text-align: center;"><b>HOT LUNCH</b></p> <p>Frito Taco Boat Corn Fresh Fruit/Seasonal Churro Milk, Fat Free</p> <p style="text-align: center;"><u>ALTERNATE</u> Chicken Strips</p>	<p style="text-align: center;"><b>HOT LUNCH</b></p> <p>*Bosco Stick Spaghetti Sauce Mixed Vegetables Fresh Fruit/Seasonal 100% Fruit Juice Bar Milk, Fat Free</p> <p style="text-align: center;"><u>ALTERNATE</u> Toasted Ravioli</p>	<p style="text-align: center;"><b>HOT LUNCH</b></p> <p>PAPA JOHNS CHEESE PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE</p> <p style="text-align: center;"><u>NO ALTERNATE</u></p>	<p style="text-align: center;"><b>HOT LUNCH</b></p> <p>BBQ Chicken Drumstick Buttered Noodles Green Beans Vanilla Wafers Milk, Fat Free</p> <p style="text-align: center;"><u>ALTERNATE</u> Bagel Bites</p>	<p style="text-align: center;"><b>HOT LUNCH</b></p> <p>French Toast Sticks Waffle Breaded Chicken Strip Pancake Syrup Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p> <p style="text-align: center;"><u>ALTERNATE</u> Biscuit &amp; Gravy</p>
30				
<p style="text-align: center;"><b>HOT LUNCH</b></p> <p>Cheeseburger on WG Bun *Baked Fries Baby Carrots Fresh Fruit/Seasonal Milk, Fat Free</p> <p style="text-align: center;"><u>ALTERNATE</u> Chicken Nuggets</p>				

**DAILY SPECIALS (GRADES 5-8 ONLY)**

TOASTED RAVIOLI WITH SAUCE \$3.50	BACON CHEESEBURGER AND CHIPS \$3.50	GRILLED CHEESE ON TEXAS TOAST \$3.50	GRILLED CHICKEN SANDWICH WITH CHIPS \$3.50	PRETZEL WITH CHEESE WITH FRUIT \$3.50
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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.**

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