

ST. PAUL IN ST. PAUL


Healthy Habits Lunch

www.foodserviceconsultants.org

SEPTEMBER 2021

*= Baked

WG=Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
				
		1	2	3
		ENTRÉE PAPA JOHNS CHEESE PIZZA CARROTS & CELERY WITH DRESSING CHILLED FRUIT 1% MILK  NO ALTERNATE	ENTRÉE Nachos and Cheese SIDE ITEMS: Green Beans Churro Seasonal Fresh Fruit 1% Milk Alternate Chicken Nuggets	Half Day No Food Service
6	7	8	9	10
				
	ENTRÉE Baked Macaroni & Cheese SIDE ITEMS: Cherry Tomatoes with Dip Teddy Grahams Seasonal Fresh Fruit 1% Milk Alternate Chicken Drumsticks	ENTRÉE PAPA JOHNS PEPPERONI PIZZA CARROTS & CELERY WITH DRESSING CHILLED FRUIT 1% MILK  NO ALTERNATE	ENTRÉE French Toast Sticks with Syrup SIDE ITEMS: Triangle Hash Brown Bacon Seasonal Fresh Fruit 1% Milk Alternate Breakfast Panini	ENTRÉE Fettuccini Alfredo SIDE ITEMS: Steamed Broccoli Breadstick Cookie 1% Milk Alternate Popcorn Chicken
13	14	15	16	17
ENTRÉE Poor Boy on WG Coney Bun SIDE ITEMS: *Potato Chips Seasonal Fresh Fruit *Mini Rice Krispies Treat 1% Milk Alternate Chicken Strips	ENTRÉE Crunchy Taco SIDE ITEMS: Spanish Rice Mexicali Corn Seasonal Fresh Fruit 1% Milk Alternate Cheese Quesadilla	ENTRÉE PAPA JOHNS CHEESE PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT 1% MILK  NO ALTERNATE	ENTRÉE Hamburger on Bun SIDE ITEMS: French Fries Baby Carrots with Dip Seasonal Fresh Fruit 1% Milk Alternate Hot dog on Bun	ENTRÉE Popcorn Shrimp SIDE ITEMS: Smiley Face Potatoes Mixed Vegetables Cookie 1% Milk Alternate Jumbo Corndog
20	21	22	23	24
ENTRÉE Chicken Nuggets SIDE ITEMS: Green Beans Seasonal Fresh Fruit Mini Rice Krispies Treat 1% Milk Alternate Grilled cheese	ENTRÉE <u>Biscuits and Gravy</u> Sausage Patty Yogurt Fresh Fruit 1% Milk Alternate Waffles w/ Syrup	ENTRÉE PAPA JOHNS PEPPERONI PIZZA CARROTS & CELERY WITH DRESSING CHILLED FRUIT 1% MILK  NO ALTERNATE	ENTRÉE Bosco Stick with or without Sauce SIDE ITEMS: Lettuce & Tomato Salad with Ranch Applesauce Oreo Cookies 1% Milk Alternate Chicken Drumsticks	ENTRÉE Pig in a Blanket SIDE ITEMS: French fries Veggies with Dip Seasonal Fresh Fruit 1% Milk Alternate Mini Corndogs
27	28	29	30	
ENTRÉE Popcorn Chicken Wrap SIDE ITEMS: Seasonal Fresh Fruit Fresh Vegetables & Dip Cookie 1% Milk Alternate Mini Tacos	ENTRÉE Spaghetti with Meat Sauce SIDE ITEMS: Green Beans *WG Dinner Roll 100% Fruit Juice Bar 1% Milk Alternate Toasted Ravioli	ENTRÉE PAPA JOHNS CHEESE PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT 1% MILK  NO ALTERNATE	ENTRÉE Chicken Strips SIDE ITEMS: Buttered Corn Mashed Potatoes 1% Milk Alternate Turkey and Cheese Wrap	

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

TOASTED RAVIOLI AND FRUIT	CHICKEN NUGGETS AND FRIES	PRETZEL WITH CHEESE AND FRUIT	CHICKEN PATTY ON BUN AND CHIPS	BACON CHEESEBURGER AND CHIPS
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