

ST. PAUL IN ST. PAUL

Healthy Habits Lunch

APRIL 2021

* = Baked

WG = Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
				
5	6	7	8	9
	<p>ENTRÉE CHOICE 1 Chicken Wrap/Chopped Lettuce Light Ranch Dressing</p> <p>ENTRÉE CHOICE 2 Mini Corn Dogs</p> <p>SIDE ITEMS: Cookie Seasonal Fresh Fruit Milk, Fat Free</p>	<p>PAPA JOHN'S PEPPERONI PIZZA</p> <p>Tossed Salad Chilled Fruit Milk, Fat Free</p> <p style="text-align: center;"></p>	<p>CARDINALS PEP RALLY</p> <p>ENTRÉE CHOICE 1 Knock it out of the Park Nachos</p> <p>ENTRÉE CHOICE 2 Chicken Strips</p> <p>SIDE ITEMS: Grand Slam Fruit Grassy Field Salad Bases Loaded Brownie Home Run Milk</p> <p style="text-align: center;"></p>	<p>EARLY DISMISSAL NO FOOD SERVICE</p> <p style="text-align: center;"></p>
12	13	14	15	16
<p>NATIONAL GRILLED CHEESE DAY</p> <p>ENTRÉE CHOICE 1 Grilled Cheese Sandwich, WG</p> <p>ENTRÉE CHOICE 2 Popcorn Chicken</p> <p>SIDE ITEMS: Fresh Vegetables w/dip Seasonal Fresh Fruit Vanilla Ice Cream Milk, Fat Free</p> <p style="text-align: center;"></p>	<p>ENTRÉE CHOICE 1 Waffle and Syrup</p> <p>ENTRÉE CHOICE 2 Biscuit & Gravy</p> <p>SIDE ITEMS: *Sausage Patty Seasonal Fresh Fruit Strawberry Yogurt Cup Milk, Fat Free</p>	<p>PAPA JOHN'S CHEESE PIZZA</p> <p>Carrots & Celery/Ranch Chilled Fruit Milk, Fat Free</p> <p style="text-align: center;"></p>	<p>ENTRÉE CHOICE 1 Mini Tacos</p> <p>ENTRÉE CHOICE 2 Corn Dog</p> <p>SIDE ITEMS: Corn Seasonal Fresh Fruit Churro Milk, Fat Free</p>	<p>ENTRÉE CHOICE 1 Fettuccini Alfredo</p> <p>ENTRÉE CHOICE 2 Chicken Drumsticks</p> <p>SIDE ITEMS: Steamed Broccoli *Fresh Breadsticks *Cookie Milk, Fat Free</p>
19	20	21	22	23
<p>ENTRÉE CHOICE 1 *Breaded Chicken Drumstick</p> <p>ENTRÉE CHOICE 2 Ham & Cheese on Bagel</p> <p>SIDE ITEMS: Buttered Noodles Mixed Vegetables Jell-O Milk, Fat Free</p>	<p>ENTRÉE CHOICE 1 *Toasted Ravioli</p> <p>ENTRÉE CHOICE 2 Bosco Stick</p> <p>SIDE ITEMS: Green Beans Seasonal Fresh Fruit *Cookie Milk, Fat Free</p>	<p>PAPA JOHN'S PEPPERONI PIZZA</p> <p>Carrots & Celery/Ranch Chilled Fruit Milk, Fat Free</p> <p style="text-align: center;"></p>	<p>EARTH DAY</p> <p>ENTRÉE CHOICE 1 Dinosaur Nuggets</p> <p>ENTRÉE CHOICE 2 Soft Taco</p> <p>SIDE ITEMS: Bones (French Fries) "Going Green" Grapes Wonderful World Wafers Save Our Tree Milk</p> <p style="text-align: center;"></p>	<p>NATIONAL PIG IN A BLANKET DAY</p> <p>ENTRÉE CHOICE 1 *Pig in a Blanket</p> <p>ENTRÉE CHOICE 2 Cheeseburger</p> <p>SIDE ITEMS: Smiley Face Potatoes Green Beans Seasonal Fresh Fruit Milk, Fat Free</p> <p style="text-align: center;"></p>
26	27	28	29	30
<p>NATIONAL PRETZEL DAY</p> <p>ENTRÉE CHOICE 1 Soft Pretzel with cheese</p> <p>ENTRÉE CHOICE 2 Grilled Chicken Sandwich</p> <p>SIDE ITEMS: Carroteenies/ranch Fresh Fruit, Seasonal Cookie Milk, Fat Free</p> <p style="text-align: center;"></p>	<p>ENTRÉE CHOICE 1 * Chicken Strips</p> <p>ENTRÉE CHOICE 2 Meatball Slider</p> <p>SIDE ITEMS: Corn Seasonal Fresh Fruit Cookie Milk, Fat Free</p>	<p>PAPA JOHN'S CHEESE PIZZA</p> <p>Tossed Salad/Ranch Chilled Fruit Milk, Fat Free</p> <p style="text-align: center;"></p>	<p>ENTRÉE CHOICE 1 *French Toast Sticks /Syrup</p> <p>ENTRÉE CHOICE 2 Pancakes with syrup</p> <p>SIDE ITEMS: *Bacon *Triangle Hash Brown Seasonal Fresh Fruit Milk, Fat Free</p>	<p>ENTRÉE CHOICE 1 Turkey, Bacon & Cheese on Skinny Bun</p> <p>ENTRÉE CHOICE 2 Cheese Quesadilla</p> <p>SIDE ITEMS: Baby Carrots Light Ranch Dressing Seasonal Fresh Fruit Mini Rice Krispies Treat Milk, Fat Free</p>

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

BACON CHEESEBURGER AND CHIPS	GRILLED CHICKEN SANDWICH AND CHIPS	GRILLED CHEESE ON TEXAS TOAST AND FRUIT	2 BOSCO STICKS/SAUCE AND FRUIT
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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"

