

ST. PAUL IN ST. PAUL

Healthy Habits Lunch

DECEMBER 2020



* = Baked

WG = Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<p>ENTRÉE CHOICE 1 Fettuccini Alfredo</p> <p>ENTRÉE CHOICE 2 Chicken Drumstick</p> <p>SIDE ITEMS: Steamed Broccoli *Fresh Breadsticks *Cookie Milk, Fat Free</p>	<p>Papa John's Cheese Pizza Carrots & Celery with Ranch Chilled Fruit Milk, Fat Free</p> <p>NO ALTERNATE</p> 	<p>ENTRÉE CHOICE 1 * Chicken Strips</p> <p>ENTRÉE CHOICE 2 Mini Tacos</p> <p>SIDE ITEMS: Corn Seasonal Fresh Fruit Cookie Milk, Fat Free</p>	<p>EARLY DISMISSAL NO FOOD SERVICE</p> 
7	8	9	10	11
<p>ENTRÉE CHOICE 1 *Grilled Chicken Sandwich</p> <p>ENTRÉE CHOICE 2 Mini-Corndogs</p> <p>SIDE ITEMS: Seasoned Noodles Carrot Sticks with LF Ranch Seasonal Fresh Fruit Milk, Fat Free</p>	<p>ENTRÉE CHOICE 1 Biscuit and Gravy</p> <p>ENTRÉE CHOICE 2 Waffles & Syrup</p> <p>SIDE ITEMS: Scrambled Eggs Hash Brown Triangle Seasonal Fresh Fruit Milk, Fat Free</p>	<p>Papa John's Pepperoni Pizza Tossed Salad with Ranch Chilled Fruit Milk, Fat Free</p> <p>NO ALTERNATE</p> 	<p>ENTRÉE CHOICE 1 *Toasted Ravioli</p> <p>ENTRÉE CHOICE 2 Cheeseburger</p> <p>SIDE ITEMS: Green Beans Seasonal Fresh Fruit *Cookie Milk, Fat Free</p>	<p>ENTRÉE CHOICE 1 *Jumbo Corn Dog</p> <p>ENTRÉE CHOICE 2 Fish Sticks</p> <p>SIDE ITEMS: Green Beans Seasonal Fresh Fruit *Vanilla Wafers Milk, Fat Free</p>
14	15	16	17	18
<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>	<p>ENTRÉE CHOICE 1 Glad Tidings Grilled Cheese</p> <p>ENTRÉE CHOICE 2 Dasher's Chicken Drumsticks</p> <p>SIDE ITEMS: Joseph's Chips Mary's Chilled Fruit Wise Men's Cookie Mistletoe Milk, Fat Free</p> 	<p>Grinch Papa John's Cheese Pizza Cindy Lou's Carrots & Celery with Ranch Dressing Rudolph's Chilled Fruit Mistletoe Milk, Fat Free</p> <p>NO ALTERNATE</p> 	<p>Snowball Special Mistletoe Macho Nachos Taco Meat, Cheese Lettuce, Tomatoes & Other Toppings</p> <p>NO ALTERNATE</p>	<p>CHRISTMAS SPECIAL ENTRÉE CHOICE 1 Santa Bites (Nuggets) ENTRÉE CHOICE 2 Comet's Cheese Quesadilla</p> <p>SIDE ITEMS: Antlers (Fries) Bells & Snowflakes (Jell-O Bells) Snowflake Cookie Mistletoe Milk</p> 
21	22	23	24	25
<p>ENTRÉE CHOICE 1 Reindeer Antlers (Bosco Sticks)</p> <p>ENTRÉE CHOICE 2 Holiday Hot Dog</p> <p>SIDE ITEMS: Christmas Tree Corn Santa's Cinnamon Applesauce Ornament Oreos Mistletoe Milk, Fat Free</p>	<p>EARLY DISMISSAL NO FOOD SERVICE</p> 			
28	29	30		
				

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

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

