



ST. CLARE OF ASSISI HEALTHY HABITS SPECIALS - JANUARY 2018

*= Baked

WG=Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
NO SCHOOL 	NO SCHOOL	<u>BACK TO SCHOOL SPECIAL</u> Welcome Back *Waffle & Syrup So Glad to See You *Sausage Patty Playtime is Over Peaches Yawning Yogurt Cup Missed You Milk, Fat Free <u>DAILY SALAD \$3.95</u> <i>Chicken Caesar</i>	Soft Pretzels with Cheese, WG Baby Carrots Light Ranch Dressing Fresh Fruit/Seasonal Rice Krispies Treat Milk, Fat Free <u>DAILY SALAD \$3.95</u> <i>Chef</i>	Grilled Hamburger on WG Bun Green Beans Fresh Fruit/Seasonal Jell-O Milk, Fat Free <u>DAILY SALAD \$3.95</u> <i>Cranberry Chicken</i>
8	9	10	11	12
*Seasoned Chicken Breast Mashed Potatoes with Gravy Mixed Vegetables Chocolate Pudding Milk, Fat Free <u>DAILY SALAD \$3.95</u> <i>St. Louis Hill</i>	<u>PAPA JOHNS DAY</u> PEPPERONI PIZZA SALAD COOKIE FRUIT MILK, FAT FREE <u>DAILY SALAD \$3.95</u> <i>Mexicana</i> 	*Chicken Rings Seasoned Noodles Lettuce & Carrot Salad Light Ranch Dressing Sherbet Milk, Fat Free <u>DAILY SALAD \$3.95</u> <i>Chicken Caesar</i>	*Jumbo Corn Dog Corn Fresh Fruit/Seasonal *Vanilla Wafers Milk, Fat Free <u>DAILY SALAD \$3.95</u> <i>Chef</i>	12:00 DISMISSAL NO LUNCH SERVED
15	16	17	18	19
NO SCHOOL 	<u>PAPA JOHNS DAY</u> CHEESE PIZZA CARROT/CELERY STICKS FRUIT COOKIE MILK, FAT FREE <u>DAILY SALAD \$3.95</u> <i>Mexicana</i> 	*Chicken Nuggets Mashed Potatoes & Gravy Mixed Vegetables Rainbow Sherbet Milk, Fat Free <u>DAILY SALAD \$3.95</u> <i>Chicken Caesar</i>	<u>MEXICAN MUNCHIES!</u> Soft Taco Spanish Rice Lettuce & Tomato Salad Light Ranch Dressing 100% Fruit Juice Bar Milk, Fat Free <u>DAILY SALAD \$3.95</u> <i>Chef</i>	<u>CHICK-FIL-A DAY</u> \$5.00 CHICK-FIL-A CHIPS FRUIT MILK, FAT FREE <u>DAILY SALAD \$3.95</u> <i>Cranberry Chicken</i>
22	23	24	25	26
*Popcorn Chicken *Seasoned Fries Fresh Fruit/Seasonal *Homemade Brownie Milk, Fat Free <u>DAILY SALAD \$3.95</u> <i>St. Louis Hill</i>	<u>PAPA JOHNS DAY</u> PEPPERONI PIZZA SALAD FRUIT COOKIE MILK, FAT FREE <u>DAILY SALAD \$3.95</u> <i>Mexicana</i> 	Pancake Bacon Slices Fresh Fruit/Seasonal Strawberry Yogurt Milk, Fat Free <u>DAILY SALAD \$3.95</u> <i>Chicken Caesar</i>	Hot Dog on WG Bun *French Fries with Ketchup Fresh Fruit Fresh Veggies Lite Ranch Dressing Milk, Fat Free <u>DAILY SALAD \$3.95</u> <i>Chef</i>	*Boneless Chicken Drumsticks Mashed Potatoes with Gravy Peaches *Fresh Baked Brownie Milk, Fat Free <u>DAILY SALAD \$3.95</u> <i>Cranberry Chicken</i>
29	30	31		
Toasted Ravioli Bowtie Pasta W/ Spaghetti Sauce Cooked Broccoli Fresh Fruit/Seasonal Milk, Fat Free <u>DAILY SALAD \$3.95</u> <i>St. Louis Hill</i>	<u>PAPA JOHNS DAY</u> CHEESE PIZZA CARROT/CELERY STICKS FRUIT COOKIE MILK, FAT FREE <u>DAILY SALAD \$3.95</u> <i>Mexicana</i> 	Baked Macaroni & Cheese Green Beans Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free <u>DAILY SALAD \$3.95</u> <i>Chicken Caesar</i>		
2 Bosco Breadsticks with Spaghetti Sauce 3.70	Toasted 4-Cheese Ravioli with Small Salad 3.70	Personal Pan Pizza with Veggies & Dip 3.70	Chicken Rings with French Fries 3.70	Chicken Strips with French Fries 3.70

HEALTHY HABITS HOT LUNCH * GRAB-N-GO

GRADES K-2 \$3.70 GRADES 3-8 \$3.95 STAFF 3.50 includes milk only

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.
"Serving You With Pride"

