



ST. ELIZABETH/ST. ROBERT REGIONAL SCHOOL

HEALTHY HABITS MENU-APRIL 2017



Items subject to change

*= Baked

WG=Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<p>HOT LUNCH APRIL FOOLS LUNCH! Meat Sauce with Spaghetti Beans Green Roll Dinner Bar Juice Fruit 100% Free Fat Milk</p> <p>ALT: Taco Chicken</p> <p>GRAB-N-GO Wrap Snack Chicken Dip with Vegetables Fresh Pears Free Fat Milk</p>	<p>HOT LUNCH Grilled Cheese Creamy Chicken Noodle Soup Tossed Salad Fresh Fruit/Seasonal Milk, Fat Free</p> <p>BAKED POTATO TUESDAY</p> <p>ALT: Chicken Strips</p> <p>GRAB-N-GO Hot Dog on WG Bun Baked Chips Fresh Fruit/Seasonal 2 Oreos Milk, Fat Free</p>	<p>HOT LUNCH Mini Corn Dogs Tossed Salad Fresh Fruit/Seasonal Chocolate Chip Cookie Milk, Fat Free</p> <p>ALT: Pulled Pork Slammer</p> <p>GRAB-N-GO Chicken Caesar Wrap Carroteenies Light Ranch Dressing Fresh Fruit/Seasonal Chocolate Brownie Milk, Fat Free</p>	<p>HOT LUNCH PAPA JOHNS DAY CHEESE PIZZA MIXED VEGETABLES BLUEBERRY MUFFIN MILK, FAT FREE</p> <p>NO ALTERNATE</p> <p>NO GRAB-N-GO</p> 	<p>1/2 DAY</p> <p>NO FOOD SERVICE</p>
10	11	12	13	14
<p>HOT LUNCH BREAKFAST FOR LUNCH! *Waffle with Syrup *Sausage Patty Peaches Strawberry Yogurt Cup Milk, Fat Free</p> <p>ALT: French Toast Sticks</p> <p>GRAB-N-GO Bagel & Cream Cheese Fresh Fruit/Seasonal Yogurt Raisins Milk, Fat Free</p>	<p>HOT LUNCH *Pancake & Sausage on Stick, WG Syrup Tator Coins Orange Half Milk, Fat Free</p> <p>BAKED POTATO TUESDAY</p> <p>ALT: Fish Sticks</p> <p>GRAB-N-GO BLT Sandwich Mini Twist Pretzels Fresh Fruit/Seasonal Chocolate Chip Cookie Milk, Fat Free</p>	<p>HOT LUNCH *Toasted Ravioli Green Beans Mandarin Oranges *Chocolate Chip Cookie Milk, Fat Free</p> <p>ALT: Hamburger on Bun</p> <p>GRAB-N-GO Trix Cereal Bar, WG Banana Cinnamon Streusel Coffee Cake Hard Boiled Egg Milk, Fat Free</p>	<p>HOLY THURSDAY</p> <p>NO SCHOOL</p>	<p>GOOD FRIDAY</p> <p>NO SCHOOL</p> 
17	18	19	20	21



Easter Break



24	25	26	27	28
<p>HOT LUNCH *Grilled Chicken Sandwich Seasoned Noodles Celery Sticks with LF Ranch Fresh Fruit/Seasonal Milk, Fat Free</p> <p>ALT: Bosco Stick</p> <p>GRAB-N-GO Tuna Salad Sandwich, WG *Fritos, WG Veggies & Dip Fresh Fruit/Seasonal Milk, Fat Free</p>	<p>HOT LUNCH Hamburger on WG Bun Green Beans Fresh Fruit/Seasonal Chocolate Pudding Milk, Fat Free</p> <p>BAKED POTATO TUESDAY</p> <p>ALT: Ham & Cheese on Bagel</p> <p>GRAB-N-GO Ham & Cheese on Bagel *Cheddar Goldfish, WG Applesauce *Teddy Grahams Milk, Fat Free</p>	<p>HOT LUNCH BREAKFAST FOR LUNCH! *Pancake with Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p> <p>SUPERVISOR SPECIAL CHIPWICH (ICE CREAM SANDWICH)</p> 	<p>HOT LUNCH CHICK-FIL-A DAY!</p>  <p>NO ALTERNATE</p> <p>NO GRAB-N-GO</p>	<p>HOT LUNCH Baked Macaroni & Cheese Green Beans Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p> <p>ALT: Chicken Rings</p> <p>GRAB-N-GO Hot Dog on WG Bun Baked Chips Fresh Fruit/Seasonal 2 Oreos Milk, Fat Free</p>

All FSC menus follow the USDA guidelines & Archdiocese Wellness Plan and have been approved by Registered Dietitian Associates, Inc. (does not include alternate entrée).

<p>Ala Carte Drinks</p> <p>Skim Milk - .17 White Milk - .18 Chocolate Milk - .20 Flavored Milk - .20 Capri Sun - .95 Water - .60 & 1.00 Sunny D - .95</p>	<p style="text-align: center;">Snacks</p> <p>All Baked Chips -1.25 100 Calorie Packs - 1.15 Nutri Grain Bars - 1.25</p> <p style="text-align: center;">Ice Cream .85 & up</p>	<p style="text-align: center;">DAILY ITEMS</p> <p>Ala Carte Special</p> <p>Popcorn Chicken & Fries-3.60 Toasted Ravioli & Sauce-2.95 Pretzel with Cheese-2.40 Macho Nacho (Taco Salad)-3.30 Chicken Rings & Buttered Noodles 3.70</p>	<p>Boxed Garden Salad</p>
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HOT LUNCH - GRAB -N-GO - PRESCHOOL \$3.90- GRADES K-8 \$4.05, TEACHER LUNCH 3.15

GRAB-N-GO INCLUDES CHOICE OF MILK

Food Service Consultants, Inc.

"Serving You With Pride"

