



# SETON REGIONAL CATHOLIC SCHOOL

## HEALTHY HABITS MENU-September 2017



Items subject to change

\*- Baked

WG=Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
NO SCHOOL 	<p style="text-align: center;"><b>HOT LUNCH</b></p> Soft Pretzels with Cheese, WG Baby Carrots Light Ranch Dressing Fresh Fruit/Seasonal Rice Krispies Treat Milk, Fat Free ALT: Mini Corn Dog <b>GRAB-N-GO</b> Bologna & Cheese Sandwich *Potato Chips Fresh Fruit/Seasonal Oreo Cookies Milk, Fat Free	<p style="text-align: center;"><b>HOT LUNCH</b></p> <b>BREAKFAST FOR LUNCH!</b> *Waffle with Syrup *Sausage Patty Peaches Strawberry Yogurt Cup Milk, Fat Free ALT: Pancake & Sausage on a Stick <b>GRAB-N-GO</b> Bagel & Cream Cheese Fresh Fruit/Seasonal Yogurt Raisins Milk, Fat Free	<p style="text-align: center;"><b>HOT LUNCH</b></p> <b>BELLACINO'S DAY</b> CHEESE PIZZA CARROTS & DIP CHILLED FRUIT <b>FRESH BAKED BROWNIE</b> MILK, FAT FREE NO ALT <b>NO GRAB-N-GO</b> 	<p style="text-align: center;"><b>HOT LUNCH</b></p> <b>PASTA DAY</b> Spaghetti with Meat Sauce Green Beans *WG Dinner Roll 100% Fruit Juice Bar Milk, Fat Free ALT: Chicken Drummies <b>GRAB-N-GO</b> Turkey & Cheese Wrap *Cheddar Goldfish, WG Fresh Fruit/Seasonal *Mini Rice Krispies Treat Milk, Fat Free
11	12	13	14	15
<p style="text-align: center;"><b>HOT LUNCH</b></p> *Popcorn Chicken *Seasoned Fries Fresh Fruit/Seasonal *Homemade Brownie Milk, Fat Free ALT: Sloppy Joe <b>GRAB-N-GO</b> Ham & Cheese Sandwich, WG Fresh Vegetables w/dip Pineapple Tidbits Oreo Cookies Milk, Fat Free	<p style="text-align: center;"><b>HOT LUNCH</b></p> Mini Tacos Corn Fresh Fruit/Seasonal Fresh Baked Brownie Milk, Fat Free ALT: Cheeseburger <b>GRAB-N-GO</b> *Popcorn Chicken *Seasoned Fries Fresh Fruit/Seasonal *Homemade Brownie Milk, Fat Free	<p style="text-align: center;"><b>HOT LUNCH</b></p> <b>MACHO NACHOS</b> Taco Meat, Cheese Lettuce, Salsa, Sour Cream and Other Toppings  NO ALT <b>GRAB-N-GO</b> Salami & Cheese Sandwich Baked Potato Chips Fresh Fruit/Seasonal Mini Rice Krispies Treat Milk, Fat Free	<p style="text-align: center;"><b>HOT LUNCH</b></p> <b>PAPA JOHNS DAY</b> PEPPERONI PIZZA TOSSED SALAD CHILLED FRUIT <b>CHOCOLATE CHIP COOKIE</b> MILK, FAT FREE NO ALT <b>NO GRAB-N-GO</b> 	<p style="text-align: center;"><b>HOT LUNCH</b></p> Chicken Parmesan Seasoned Noodles Green Beans Fresh Fruit/Seasonal Milk, Fat Free ALT: Grilled Ham & Cheese <b>GRAB-N-GO</b> Hot Dog on WG Bun Baked Chips Fresh Fruit/Seasonal 2 Oreos Milk, Fat Free
18	19	20	21	22
<p style="text-align: center;"><b>HOT LUNCH</b></p> *Bosco Breadstick Sauce Lettuce & Carrot Salad Lite Ranch Dressing Applesauce Oreo Cookies Milk, Fat Free ALT: Grilled Chicken Sandwich <b>GRAB-N-GO</b> BLT Wrap Fresh Fruit/Seasonal Strawberry Yogurt *Cheddar Goldfish, WG Milk, Fat Free	<p style="text-align: center;"><b>HOT LUNCH</b></p> <b>GOOD MANNERS MONTH</b> Please Chicken Nuggets Thank You Fries You're Welcome Fruit Excuse Me Jell-O Bless You Milk  ALT: May I BBQ Rib on Bun <b>GRAB-N-GO</b> Courtesy Popcorn Chicken Wrap Politeness Fruit Respect Veggies & Dip Honest Milk	<p style="text-align: center;"><b>HOT LUNCH</b></p> Sweet n Sour Chicken Fried Rice Chilled Fruit Fortune Cookie Milk, Fat Free ALT: Crab Rangoon <b>GRAB-N-GO</b> Hamburger on WG Bun Tiny Twist Pretzel Fresh Fruit Fruit Snack Milk, Fat Free	<p style="text-align: center;"><b>HOT LUNCH</b></p> <b>WORLD GRATITUDE DAY</b> Thank you Papa Johns Pepperoni Pizza Merci Carrots Danke Applesauce Gracias Cookie Kitos Milk NO ALT <b>NO GRAB-N-GO</b> 	<p style="text-align: center;"><b>HOT LUNCH</b></p> <b>1ST DAY OF AUTUMN</b> Falling Leaf Pancak Harvest Sausage Colorful Fruit Spectacular Triangle Hash Brown Maple Milk  ALT: Blustery Scrambled Egg <b>GRAB-N-GO</b> Crisp Air Chicken Scarecrow Veggies & Dip Seasoned Pears Chilly Milk
25	26	27	28	29
<p style="text-align: center;"><b>HOT LUNCH</b></p> Meatball Sub Lattice Chips Fresh Fruit/Seasonal Milk, Fat Free ALT: Chicken Strips <b>GRAB-N-GO</b> Chicken Caesar Wrap Baby Carrots Light Ranch Dressing Fresh Fruit/Seasonal Chocolate Brownie Milk, Fat Free	<p style="text-align: center;"><b>HOT LUNCH</b></p> *Boneless Chicken Drummies Mashed Potatoes with Gravy Peaches *Fresh Baked Brownie Milk, Fat Free ALT: Cheeseburger <b>GRAB-N-GO</b> Chicken Snack Wrap Fresh Vegetables with Dip Pears Milk, Fat Free	<p style="text-align: center;"><b>HOT LUNCH</b></p> <b>MEXICAN MUNCHIES!</b> Soft Taco Spanish Rice Lettuce & Tomato Salad Light Ranch Dressing 100% Fruit Juice Bar Milk, Fat Free ALT: Chicken Quesadilla <b>GRAB-N-GO</b> Turkey & Swiss on French Raisins Fresh Vegetables & Dip Chilled Pudding Milk, Fat Free	<p style="text-align: center;"><b>HOT LUNCH</b></p> <b>CHICK FIL A DAY</b> Chicken Tender Slider French Fries with Ketchup Fresh Fruit/Seasonal Milk, Fat Free NO ALT <b>NO GRAB-N-GO</b> 	<p style="text-align: center;"><b>HOT LUNCH</b></p> *Pizza Stix Lettuce & Carrot Salad Lite Ranch Dressing Fresh Fruit/Seasonal Fruit Snack Milk, Fat Free ALT: Lasagna <b>GRAB-N-GO</b> Chicken Patty on WG Bun Cheddar Goldfish, WG Raisins Jell-O Milk, Fat Free
<b>Ala Carte Drinks</b> Skim Milk - White Milk - Chocolate Milk - Flavored Milk - Capri Sun - 1.00 Water - .60 & 1.00 Sunny D - 1.00	<b>Snacks</b> All Baked Chips -1.25 100 Calorie Packs - 1.15 Nutri Grain Bars - 1.25 Ice Cream .85 & up	<b>Ala Carte Special</b> Popcorn Chicken & Fries-3.55 Toasted Ravioli & Sauce-2.75 2 Bosco Sticks with Sauce-3.50 Bacon Cheeseburger with Chips-3.50 Chicken Rings & Fries 3.65	<b>DAILY ITEMS</b> Boxed Garden Salad	

HOT LUNCH - GRAB -N-GO - PRESCHOOL \$4.00- GRADES K-8 \$4.15, TEACHER LUNCH 3.90

GRAB-N-GO INCLUDES CHOICE OF MILK



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