



# SETON REGIONAL CATHOLIC SCHOOL





## HEALTHY HABITS MENU-OCTOBER 2017



Items subject to change

\*= Baked

WG=Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
NO SCHOOL	<p><b>HOT LUNCH</b> Mini Tacos Corn Fresh Fruit/Seasonal Fresh Baked Brownie Milk, Fat Free</p> <p style="background-color: yellow;"><b>BAKED POTATO TUESDAY</b></p> <p>ALT: Chicken Strips <b>GRAB-N-GO</b> Hot Dog on WG Bun Baked Chips Fresh Fruit/Seasonal 2 Oreos Milk, Fat Free</p>	<p><b>HOT LUNCH</b> BLUES OPENER SPECIAL HOCKEY FRENCH TOAST STICKS ICE SYRUP NHL BACON BLUES TRIANGLE HASH BROWN STANLEY CUP FRUIT MISCONDUCT MILK</p> <p>ALT: Minor League Pancakes <b>GRAB-N-GO</b> Arena Trix Cereal Bar, WG Jersey Apples Mascot Cookie Coach Boiled Egg Zamboni Yogurt Stanley Cup Milk, Fat Free</p>	<p><b>HOT LUNCH</b> PAPA JOHN'S CHEESE PIZZA CORN FRESH FRUIT/SEASONAL BROWNIE MILK, FAT FREE</p> <p>NO ALTERNATE <b>NO GRAB-N-GO</b></p> 	<p>HALF DAY NO FOOD SERVICE</p>
9	10	11	12	13
<p><b>HOT LUNCH</b> COLUMBUS DAY Nina Mini Tacos Pinta Corn Santa Maria Fresh Fruit Discover Fresh Baked Brownie Map Milk, Fat Free</p>  <p>ALT: Columbus Bosco Stick <b>GRAB-N-GO</b> Bologna &amp; Cheese Sandwich *Potato Chips Fresh Fruit/Seasonal Oreo Cookies Milk, Fat Free</p>	<p><b>HOT LUNCH</b> MEXICAN MUNCHIES! Soft Taco Spanish Rice Lettuce &amp; Tomato Salad Light Ranch Dressing 100% Fruit Juice Bar Milk, Fat Free</p> <p style="background-color: yellow;"><b>BAKED POTATO TUESDAY</b></p> <p>ALT: Breaded Chicken Drumstick <b>GRAB-N-GO</b> Chicken Caesar Wrap Baby Carrots Light Ranch Dressing Fresh Fruit/Seasonal Chocolate Brownie Milk, Fat Free</p>	<p><b>HOT LUNCH</b> *Pancake &amp; Sausage on Stick, WG Syrup Tator Coins Orange Half Milk, Fat Free</p> <p style="background-color: #d9ead3;"><b>SUPERVISOR SPECIAL AND BIRTHDAY LUNCH</b> CHIPWICH</p>  <p>ALT: Breakfast Burrito <b>GRAB-N-GO</b> Bagel &amp; Cream Cheese Fresh Fruit/Seasonal Yogurt Raisins Milk, Fat Free</p>	<p><b>HOT LUNCH</b> BELLACINO'S CHEESE PIZZA CORN CHILLED FRUIT CHOCOLATE CHIP COOKIE MILK, FAT FREE</p> <p>NO ALTERNATE <b>NO GRAB-N-GO</b></p> 	<p><b>HOT LUNCH</b> Chicken Alfredo Lettuce &amp; Carrot Salad Lite Italian Dressing Fresh Fruit/Seasonal *Garlic Breadstick Milk, Fat Free</p> <p>ALT: Pig in a Blanket <b>GRAB-N-GO</b> Chicken Patty on WG Bun Cheddar Goldfish, WG Raisins Jell-O Milk, Fat Free</p>
16	17	18	19	20
<p><b>HOT LUNCH</b> Grilled Cheese Creamy Chicken Noodle Soup Tossed Salad Fresh Fruit/Seasonal Milk, Fat Free</p> <p>ALT: Hamburger <b>GRAB-N-GO</b> Turkey &amp; American Cheese Wrap Raisins Baby Carrots with Lite Ranch Jell-O Milk, Fat Free</p>	<p><b>HOT LUNCH</b> *Toasted Ravioli Green Beans Mandarin Oranges Chocolate Chip *Cookie Milk, Fat Free</p> <p style="background-color: yellow;"><b>BAKED POTATO TUESDAY</b></p> <p>ALT: Pizza Sticks <b>GRAB-N-GO</b> Ham &amp; Cheese on Bagel *Cheddar Goldfish, WG Applesauce *Teddy Grahams Milk, Fat Free</p>	<p><b>HOT LUNCH</b> BREAKFAST FOR LUNCH! *Waffle with Syrup *Sausage Patty Peaches Strawberry Yogurt Cup Milk, Fat Free</p> <p>ALT: Breakfast Burrito <b>GRAB-N-GO</b> Trix Cereal Bar, WG Banana Blueberry Muffin Hard Boiled Egg Yogurt Milk, Fat Free</p>	<p><b>HOT LUNCH</b> CHICK-FIL-A DAY CHICKEN SLIDER CORN BLUEBERRY MUFFIN CHILLED FRUIT MILK, FAT FREE</p> <p>NO ALTERNATE <b>NO GRAB-N-GO</b></p> 	<p><b>HOT LUNCH</b> Grilled Ham &amp; Cheese Peas &amp; Carrots Pineapple Tidbits Chocolate Chip Cookie Milk, Fat Free</p> <p>ALT: Chicken Nuggets <b>GRAB-N-GO</b> BLT Wrap Fresh Fruit/Seasonal Strawberry Yogurt *Cheddar Goldfish, WG Milk, Fat Free</p>
23	24	25	26	27
<p><b>HOT LUNCH</b> Nachos and Cheese, WG Green Beans Fresh Fruit Churro Milk, Fat Free</p> <p>ALT: Mini Corn Dog <b>GRAB-N-GO</b> Roast Beef Sandwich on French Fresh Vegetables w/dip Oreo Cookies Fresh Fruit/Seasonal Milk, Fat Free</p>	<p><b>HOT LUNCH</b> Chicken Parmesan Seasoned Noodles Green Beans Fresh Fruit/Seasonal Milk, Fat Free</p> <p style="background-color: yellow;"><b>BAKED POTATO TUESDAY</b></p> <p>ALT: Sweet &amp; Sour Chicken <b>GRAB-N-GO</b> Tuna Salad Sandwich, WG *Fritos, WG Veggies &amp; Dip Fresh Fruit/Seasonal Milk, Fat Free</p>	<p><b>HOT LUNCH</b> BREAKFAST FOR LUNCH! *French Toast Sticks Syrup *Bacon *Triangle Hash Brown Fresh Fruit/Seasonal Milk, Fat Free</p> <p>ALT: Pancake <b>GRAB-N-GO</b> Hamburger on WG Bun Tiny Twist Pretzel Fresh Fruit Oreo Cookies Milk, Fat Free</p>	<p><b>HOT LUNCH</b> PAPA JOHN'S CHEESE PIZZA MIXED VEGGIES CHILLED FRUIT OREO COOKIES MILK, FAT FREE</p> <p>NO ALTERNATE <b>NO GRAB-N-GO</b></p> 	<p><b>HOT LUNCH</b> TACO'S TODAY!!! Crunchy Taco, WG Spanish Rice, WG Mexican Corn Sherbet Ice Cream Milk, Fat Free</p> <p>ALT: Pulled Pork Slammer <b>GRAB-N-GO</b> Popcorn Chicken Wrap Fresh Fruit/Seasonal Fresh Vegetables &amp; Dip Milk, Fat Free</p>
30	31			
NO SCHOOL FALL BREAK	NO SCHOOL FALL BREAK			
<p><b>Ala Carte Drinks</b> Skim Milk - .11 White Milk - .11 Chocolate Milk - .11 Flavored Milk - .11 Capri Sun - 1.00 Water - .60 &amp; 1.00 Sunny D - 1.00</p>	<p style="text-align: center;"><b>Snacks</b></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 &amp; up</p>	<p><b>Ala Carte Special</b> Popcorn Chicken &amp; Fries-3.55 Toasted Ravioli &amp; Sauce-2.75 2 Bosco Sticks with Sauce-3.50 Bacon Cheeseburger with Chips-3.50 Chicken Rings &amp; Fries 3.65</p>	<p><b>DAILY ITEMS</b></p> <p>Boxed Garden Salad</p>	

HOT LUNCH - GRAB -N-GO - PRESCHOOL \$4.00- GRADES K-8 \$4.15, TEACHER LUNCH 3.50

GRAB-N-GO INCLUDES CHOICE OF MILK



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