



SETON REGIONAL CATHOLIC SCHOOL

HEALTHY HABITS MENU-NOVEMBER 2017



Items subject to change

*= Baked

WG=Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="display: flex; justify-content: space-between;"> 1 2 3 </div>				
<div style="display: flex; justify-content: space-around;"> </div>				
<div style="display: flex; justify-content: space-between;"> 6 7 8 9 10 </div>				
<p>HOT LUNCH *Boneless Chicken Drumsticks Mashed Potatoes with Gravy Peaches *Fresh Baked Brownie Milk, Fat Free</p>	<p>HOT LUNCH ELECTION DAY Voter's Spaghetti Public Office Green Beans Ballot Dinner Roll Electoral Fruit Juice Bar Candidate Fat Free Milk BAKED POTATO TUESDAY</p>	<p>HOT LUNCH Biscuit & Gravy Scrambled Eggs Hash Brown Triangle Fresh Fruit/Seasonal Milk, Fat Free</p>	<p>HOT LUNCH BELLACINO'S CHEESE PIZZA GREEN BEANS CHILLED FRUIT BLUEBERRY MUFFIN MILK, FAT FREE</p>	<p>1/2 DAY NO FOOD SERVICE</p>
<p>ALT: Grilled Cheese GRAB-N-GO Tuna Salad Sandwich, WG *Fritos, WG Veggies & Dip Fresh Fruit/Seasonal Milk, Fat Free</p>	<p>ALT: Nomination Nachos & Cheese GRAB-N-GO Bologna & Cheese Sandwich *Potato Chips Fresh Fruit/Seasonal Oreo Cookies Milk, Fat Free</p>	<p>ALT: Waffle with Syrup GRAB-N-GO Cinnamon Toast Crunch Cereal Bar Orange Brownie Hard Boiled Egg Milk, Fat Free</p>	<p>NO ALTERNATE NO GRAB-N-GO</p>	
<div style="display: flex; justify-content: space-between;"> 13 14 15 16 17 </div>				
<p>HOT LUNCH *Chicken Nuggets Corn Fresh Fruit/Seasonal Fresh Baked Brownie Milk, Fat Free</p>	<p>HOT LUNCH Grilled Cheese Creamy Chicken Noodle Soup Tossed Salad Fresh Fruit/Seasonal Milk, Fat Free</p>	<p>HOT LUNCH *Pizza Stix Corn Lite Ranch Dressing Fresh Fruit/Seasonal Cookie Milk, Fat Free</p>	<p>HOT LUNCH CHICK-FIL-A DAY CHICKEN SLIDERS STEAMED BROCCOLI CHOCOLATE CHIP COOKIE CHILLED FRUIT 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>SUPERVISOR SPECIAL DIRT CUPS BIRTHDAY LUNCH</p>		
<p>ALT: Toasted Ravioli GRAB-N-GO Chicken Snack Wrap Fresh Vegetables w/dip with Dip Pears Milk, Fat Free</p>	<p>ALT: Toasted Ravioli GRAB-N-GO Ham & Cheese Sandwich, WG Fresh Vegetables w/dip Pineapple Tidbits Oreo Cookies Milk, Fat Free</p>	<p>ALT: Jumbo Corn Dog GRAB-N-GO Mini Twist Pretzel Fresh Fruit Cookie Milk, Fat Free</p>	<p>NO ALTERNATE NO GRAB-N-GO</p>	<p>ALT: Breakfast Burrito GRAB-N-GO Bagel & Cream Cheese Fresh Fruit/Seasonal Yogurt Raisins Milk, Fat Free</p>
<div style="display: flex; justify-content: space-between;"> 20 21 22 23 24 </div>				
<p>HOT LUNCH Hamburger on WG Bun Green Beans Fresh Fruit/Seasonal Chocolate Pudding Milk, Fat Free</p>	<p>HOT LUNCH *Chicken Nuggets Corn Fresh Fruit/Seasonal Fresh Baked Brownie Milk, Fat Free</p>	<p>1/2 DAY NO FOOD SERVICE</p>	<p>NO SCHOOL</p>	<p>NO SCHOOL</p>
<p>ALT: Boneless Chicken Drumsticks GRAB-N-GO Roast Beef Sandwich on French Fresh Vegetables w/dip *Vanilla Wafers Fresh Fruit/Seasonal Milk, Fat Free</p>	<p>ALT: Macho Nachos GRAB-N-GO Chicken Patty on WG Bun Chips Raisins Jell-O Milk, Fat Free</p>			
<div style="display: flex; justify-content: space-between;"> 27 28 29 30 </div>				
<p>HOT LUNCH Nachos and Cheese, WG Green Beans Fresh Fruit Churro Milk, Fat Free</p>	<p>HOT LUNCH Macho Nachos, WG Shredded Lettuce & Tomato Fresh Fruit/Seasonal 100% Fruit Juice Bar Milk, Fat Free</p>	<p>HOT LUNCH BREAKFAST FOR LUNCH! *Waffle with Syrup *Sausage Patty Peaches Strawberry Yogurt Cup Milk, Fat Free</p>	<p>HOT LUNCH PAPA JOHN'S CHEESE PIZZA COOKED CARROTS CHILLED FRUIT RICE KRISPIES TREAT MILK, FAT FREE</p>	
<p>ALT: Mini Corn Dog GRAB-N-GO Hamburger on WG Bun Tiny Twist Pretzel Fresh Fruit Oreo Cookie Milk, Fat Free</p>	<p>ALT: Hot Dog on Bun GRAB-N-GO Popcorn Chicken Wrap Fresh Fruit/Seasonal Fresh Vegetables & Dip Cookie Milk, Fat Free</p>	<p>ALT: French Toast Sticks GRAB-N-GO Bagel & Cream Cheese Fresh Fruit/Seasonal Yogurt Raisins Milk, Fat Free</p>	<p>NO ALTERNATE NO GRAB-N-GO</p>	
<p>Ala Carte Drinks Skim Milk - White Milk - Chocolate Milk - Flavored Milk - Capri Sun - 1.00 Water - .60 & 1.00 Sunny D - 1.00</p>	<p>Snacks All Baked Chips -1.25 100 Calorie Packs - 1.15 Nutri Grain Bars - 1.25</p>	<p>Ala Carte Special 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</p>	<p>DAILY ITEMS Boxed Garden Salad</p>	
<p>Ice Cream .85 & up</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



Food Service Consultants, Inc.

"Serving You With Pride"

