



# SETON REGIONAL CATHOLIC SCHOOL

## HEALTHY HABITS MENU-DECEMBER 2017



Items subject to change

\*= Baked

WG=Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
4	5	6	7	8
<p><b>HOT LUNCH</b></p> <p>*Chicken Rings</p> <p>*Au Gratin Potatoes</p> <p>Green Beans</p> <p>Fresh Fruit/Seasonal</p> <p>*Oreo Cookie</p> <p>Milk, Fat Free</p>	<p><b>HOT LUNCH</b></p> <p><u>WALT DISNEY'S BIRTHDAY</u></p> <p>Disneyland Pizza Sticks</p> <p>Bambi Salad</p> <p>Mickey Mouse Ranch Dressing</p> <p>Cartoon Fruit</p> <p>Snow White Banana Pudding</p> <p>Peter Pan Milk</p>	<p><b>HOT LUNCH</b></p> <p>Homemade Cheesy Burrito</p> <p>Spanish Rice</p> <p>Fresh Fruit/Seasonal</p> <p>Churro</p> <p>Milk, Fat Free</p> 	<p><b>HOT LUNCH</b></p> <p>PAPA JOHNS</p> <p>CHEESE PIZZA</p> <p>MIXED VEGGIES</p> <p>CHILLED FRUIT</p> <p>CHOCOLATE CHIP COOKIE</p> <p>MILK, FAT FREE</p>	<p><b>HOT LUNCH</b></p> <p>*Bosco Breadstick</p> <p>Sauce</p> <p>Lettuce &amp; Carrot Salad</p> <p>Lite Ranch Dressing</p> <p>Applesauce</p> <p>Oreo Cookies</p> <p>Milk, Fat Free</p>
<p>ALT: Nachos &amp; Cheese</p> <p><b>GRAB-N-GO</b></p> <p>Poor Boy on WG Coney Bun</p> <p>*Potato Chips</p> <p>Fresh Fruit/Seasonal</p> <p>*Mini Rice Krispies Treat</p> <p>Milk, Fat Free</p>	<p>ALT: Three Little Pigs Grilled Cheese</p> <p><b>GRAB-N-GO</b></p> <p>Fantasia Hot Dog on WG Bun</p> <p>Pinnocchio Baked Chips</p> <p>Fairy Tale Fresh Fruit/Seasonal</p> <p>Donald Duck 2 Oreos</p> <p>Tinkerbell Milk, Fat Free</p>	<p>ALT: Jumbo Corn Dog</p> <p><b>GRAB-N-GO</b></p> <p>Chicken Snack Wrap</p> <p>Fresh Vegetables with Dip</p> <p>Pears</p> <p>Cookie</p> <p>Milk, Fat Free</p>	<p>NO ALTERNATE</p> <p><b>NO GRAB-N-GO</b></p> 	<p>ALT: Spaghetti</p> <p><b>GRAB-N-GO</b></p> <p>BLT Wrap</p> <p>Fresh Fruit/Seasonal</p> <p>Strawberry Yogurt</p> <p>*Cheddar Goldfish, WG</p> <p>Milk, Fat Free</p>
11	12	13	14	15
<p><b>HOT LUNCH</b></p> <p><u>BREAKFAST FOR LUNCH!</u></p> <p>*French Toast Sticks</p> <p>Syrup</p> <p>*Bacon</p> <p>*Triangle Hash Brown</p> <p>Fresh Fruit/Seasonal</p> <p>Milk, Fat Free</p>	<p><b>HOT LUNCH</b></p> <p>*Toasted Ravioli</p> <p>Green Beans</p> <p>Mandarin Oranges</p> <p>*Chocolate Chip Cookie</p> <p>Milk, Fat Free</p>	<p><b>HOT LUNCH</b></p> <p><u>MEXICAN MUNCHIES!</u></p> <p>Soft Taco</p> <p>Spanish Rice</p> <p>Lettuce &amp; Tomato Salad</p> <p>Light Ranch Dressing</p> <p>100% Fruit Juice Bar</p> <p>Milk, Fat Free</p>	<p><b>HOT LUNCH</b></p> <p>BELLACINO'S</p> <p>CHEESE PIZZA</p> <p>GREEN BEANS</p> <p>CHILLED FRUIT</p> <p>BROWNIE</p> <p>MILK, FAT FREE</p>	<p><b>HOT LUNCH</b></p> <p>Macho Nachos, WG</p> <p>Shredded Lettuce &amp; Tomato</p> <p>Fresh Fruit/Seasonal</p> <p>100% Fruit Juice Bar</p> <p>Milk, Fat Free</p>
<p>ALT: Pancakes</p> <p><b>GRAB-N-GO</b></p> <p>Trix Cereal Bar, WG</p> <p>Banana</p> <p>Cinnamon Streusel Coffee Cake</p> <p>Hard Boiled Egg</p> <p>Yogurt</p> <p>Milk, Fat Free</p>	<p>ALT: Hot Dog on Bun</p> <p><b>GRAB-N-GO</b></p> <p>Salami &amp; Cheese Sandwich</p> <p>Baked Potato Chips</p> <p>Fresh Fruit/Seasonal</p> <p>Mini Rice Krispies Treat</p> <p>Milk, Fat Free</p>	<p>ALT: Chicken Strips</p> <p><b>GRAB-N-GO</b></p> <p>Turkey &amp; Cheese on WG Bun</p> <p>Fresh Veggies with Dip</p> <p>Fresh Fruit/Seasonal</p> <p>Teddy Grahams</p> <p>Milk, Fat Free</p>	<p>NO ALTERNATE</p> <p><b>NO GRAB-N-GO</b></p> 	<p>ALT: Cheeseburger</p> <p><b>GRAB-N-GO</b></p> <p>BLT Wrap</p> <p>Fresh Fruit/Seasonal</p> <p>Strawberry Yogurt</p> <p>Teddy Grahams</p> <p>Milk, Fat Free</p>
18	19	20	21	22
<p><b>HOT LUNCH</b></p> <p><u>BREAKFAST FOR LUNCH!</u></p> <p>*Waffle with Syrup</p> <p>*Sausage Patty</p> <p>Peaches</p> <p>Strawberry Yogurt Cup</p> <p>Milk, Fat Free</p>	<p><b>HOT LUNCH</b></p> <p>*Popcorn Chicken</p> <p>*Seasoned Fries</p> <p>Fresh Fruit/Seasonal</p> <p>*Homemade Brownie</p> <p>Milk, Fat Free</p>	<p style="text-align: center;">1/2 DAY</p> <p style="text-align: center;">NO FOOD SERVICE</p> 	<p style="text-align: center;">NO SCHOOL</p>	<p style="text-align: center;">NO SCHOOL</p> 
<p>ALT: French Toast Sticks</p> <p><b>GRAB-N-GO</b></p> <p>Bagel &amp; Cream Cheese</p> <p>Fresh Fruit/Seasonal</p> <p>Yogurt</p> <p>Raisins</p> <p>Milk, Fat Free</p>	<p>ALT: Bosco Sticks</p> <p><b>GRAB-N-GO</b></p> <p>Chicken Wrap/Chopped Lettuce</p> <p>Light Ranch Dressing</p> <p>Cookie</p> <p>Fresh Fruit/Seasonal</p> <p>Milk, Fat Free</p>			
25	26	27	28	29
<p>Have a wonderful Christmas break!</p>				<p>We will see you next year!</p> 
<p><b>Ala Carte Drinks</b></p> <p>Skim Milk -</p> <p>White Milk -</p> <p>Chocolate Milk -</p> <p>Flavored Milk -</p> <p>Capri Sun - 1.00</p> <p>Water - .60 &amp; 1.00</p> <p>Sunny D - 1.00</p>	<p style="text-align: center;"><b>Snacks</b></p> <p>All Baked Chips -1.25</p> <p>100 Calorie Packs - 1.15</p> <p>Nutri Grain Bars - 1.25</p>	<p><b>Ala Carte Special</b></p> <p>Popcorn Chicken &amp; Fries-3.55</p> <p>Toasted Ravioli &amp; Sauce-2.75</p> <p>2 Bosco Sticks with Sauce-3.50</p> <p>Bacon Cheeseburger with Chips-3.50</p> <p>Chicken Rings &amp; Fries 3.65</p>	<p><b>DAILY ITEMS</b></p> <p>Boxed Garden Salad</p>	
<p><b>HOT LUNCH - GRAB -N-GO - PRESCHOOL \$4.00- GRADES K-8 \$4.15, TEACHER LUNCH 3.50</b> <span style="float: right;"><b>GRAB-N-GO INCLUDES CHOICE OF MILK</b></span></p>				



**Food Service Consultants, Inc.**  
"Serving You With Pride"

