



SETON REGIONAL CATHOLIC SCHOOL

HEALTHY HABITS MENU-JANUARY 2018



Items subject to change

*= Baked

WG=Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
NO SCHOOL	NO SCHOOL	<p style="text-align: center;"><i>HOT LUNCH</i></p> <p>*Cheese Quesadilla Spanish Rice Corn Rainbow Sherbet Milk, Fat Free</p> <p style="text-align: center;">ALT: Pizza Stick</p> <p style="text-align: center;"><i>GRAB-N-GO</i></p> <p>Tuna Salad Sandwich, WG *Fritos, WG Veggies & Dip Fresh Fruit/Seasonal Milk, Fat Free</p>	<p style="text-align: center;"><i>HOT LUNCH</i></p> <p>CHICK FIL A DAY Chicken Tender Slider French Fries with Ketchup Fresh Fruit/Seasonal Milk, Fat Free</p> <p style="text-align: center;">NO ALTERNATE</p> <p style="text-align: center;"><i>NO GRAB-N-GO</i></p> <p style="text-align: center;"></p>	1/2 DAY NO FOOD SERVICE
8	9	10	11	12
<p style="text-align: center;"><i>HOT LUNCH</i></p> <p>BREAKFAST FOR LUNCH! *Pancake with Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p> <p style="text-align: center;">ALT: Chicken Patty</p> <p style="text-align: center;"><i>GRAB-N-GO</i></p> <p>Bagel & Cream Cheese Fresh Fruit/Seasonal Yogurt Raisins Milk, Fat Free</p>	<p style="text-align: center;"><i>HOT LUNCH</i></p> <p>MEXICAN MUNCHIES! Soft Taco Spanish Rice Lettuce & Tomato Salad Light Ranch Dressing 100% Fruit Juice Bar Milk, Fat Free</p> <p style="text-align: center;">BAKED POTATO TUESDAY</p> <p style="text-align: center;">ALT: Chicken Patty</p> <p style="text-align: center;"><i>GRAB-N-GO</i></p> <p>Turkey & Cheese on WG Bun Fresh Veggies with Dip Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p>	<p style="text-align: center;"><i>HOT LUNCH</i></p> <p>Pulled Pork Slammer Pasta Salad Pickle Slices Fresh Fruit/Seasonal Milk, Fat Free</p> <p style="text-align: center;">ALT: Chicken Patty</p> <p style="text-align: center;"><i>GRAB-N-GO</i></p> <p>Popcorn Chicken Wrap Fresh Fruit/Seasonal Fresh Vegetables & Dip Milk, Fat Free</p>	<p style="text-align: center;"><i>HOT LUNCH</i></p> <p>PAPA JOHNS CHEESE PIZZA MIXED VEGGIES CHILLED FRUIT CHOCOLATE CHIP COOKIE MILK, FAT FREE</p> <p style="text-align: center;">NO ALTERNATE</p> <p style="text-align: center;"><i>NO GRAB-N-GO</i></p> <p style="text-align: center;"></p>	<p style="text-align: center;"><i>HOT LUNCH</i></p> <p>Sweet N Sour Chicken White Rice Steamed Broccoli Fortune Cookie Milk, Fat Free</p> <p style="text-align: center;">ALT: Chicken Patty</p> <p style="text-align: center;"><i>GRAB-N-GO</i></p> <p>BLT Sandwich Mini Twist Pretzels Fresh Fruit/Seasonal Cookie Milk, Fat Free</p>
15	16	17	18	19
NO SCHOOL	<p style="text-align: center;"><i>HOT LUNCH</i></p> <p>*Bosco Stick Spaghetti Sauce Mixed Vegetables Fruit Cocktail 100% Fruit Juice Bar Milk, Fat Free</p> <p style="text-align: center;">BAKED POTATO TUESDAY</p> <p style="text-align: center;">ALT: Chicken Patty</p> <p style="text-align: center;"><i>GRAB-N-GO</i></p> <p>Chicken Caesar Wrap Baby Carrots Light Ranch Dressing Fresh Fruit/Seasonal Chocolate Brownie Milk, Fat Free</p>	<p style="text-align: center;"><i>HOT LUNCH</i></p> <p>Breakfast Burrito Triangle Hash Brown Fresh Fruit/Seasonal Milk, Fat Free</p> <p style="text-align: center;">ALT: Chicken Patty</p> <p style="text-align: center;"><i>GRAB-N-GO</i></p> <p>Trix Cereal Bar, WG Banana Cinnamon Streusel Coffee Cake Hard Boiled Egg Yogurt Milk, Fat Free</p>	<p style="text-align: center;"><i>HOT LUNCH</i></p> <p>BELLACINO'S CHEESE PIZZA GREEN BEANS CHILLED FRUIT BROWNIE MILK, FAT FREE</p> <p style="text-align: center;">NO ALTERNATE</p> <p style="text-align: center;"><i>NO GRAB-N-GO</i></p> <p style="text-align: center;"></p>	<p style="text-align: center;"><i>HOT LUNCH</i></p> <p>Bowl of Chili *Cheddar Goldfish, WG Chilled Pineapple Jell-O Milk, Fat Free</p> <p style="text-align: center;">ALT: Chicken Patty</p> <p style="text-align: center;"><i>GRAB-N-GO</i></p> <p>Italian Sub Sandwich Fritos Corn Chips Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p>
22	23	24	25	26
<p style="text-align: center;"><i>HOT LUNCH</i></p> <p>TACO'S TODAY!!! Crunchy Taco, WG Spanish Rice, WG Mexican Corn Rainbow Sherbet Milk, Fat Free</p> <p style="text-align: center;">ALT: Chicken Patty</p> <p style="text-align: center;"><i>GRAB-N-GO</i></p> <p>Turkey & American Cheese Wrap Raisins Baby Carrots with Lite Ranch Jell-O Milk, Fat Free</p>	<p style="text-align: center;"><i>HOT LUNCH</i></p> <p>Meatball Sub Lattice Chips Fresh Fruit/Seasonal Milk, Fat Free</p> <p style="text-align: center;">BAKED POTATO TUESDAY</p> <p style="text-align: center;">ALT: Chicken Patty</p> <p style="text-align: center;"><i>GRAB-N-GO</i></p> <p>Ham & Cheese on Bagel *Cheddar Goldfish, WG Applesauce *Teddy Grahams Milk, Fat Free</p>	<p style="text-align: center;"><i>HOT LUNCH</i></p> <p>BREAKFAST FOR LUNCH! *Pancake with Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p> <p style="text-align: center;">ALT: Chicken Patty</p> <p style="text-align: center;"><i>GRAB-N-GO</i></p> <p>BLT Sandwich Mini Twist Pretzels Fresh Fruit/Seasonal Cookie Milk, Fat Free</p>	<p style="text-align: center;"><i>HOT LUNCH</i></p> <p>PAPA JOHNS CHEESE PIZZA MIXED VEGGIES CHILLED FRUIT CHOCOLATE CHIP COOKIE MILK, FAT FREE</p> <p style="text-align: center;">NO ALTERNATE</p> <p style="text-align: center;"><i>NO GRAB-N-GO</i></p> <p style="text-align: center;"></p>	<p style="text-align: center;"><i>HOT LUNCH</i></p> <p>Chicken Alfredo Lettuce & Carrot Salad Lite Italian Dressing Fresh Fruit/Seasonal *Garlic Breadstick Milk, Fat Free</p> <p style="text-align: center;">ALT: Chicken Patty</p> <p style="text-align: center;"><i>GRAB-N-GO</i></p> <p>Chicken Wrap/Chopped Lettuce Light Ranch Dressing Cookie Fresh Fruit/Seasonal Milk, Fat Free</p>
29	30	31		
<p style="text-align: center;"><i>HOT LUNCH</i></p> <p>Chicken Parmesan Seasoned Noodles Green Beans Fresh Fruit/Seasonal Milk, Fat Free</p> <p style="text-align: center;">ALT: Chicken Patty</p> <p style="text-align: center;"><i>GRAB-N-GO</i></p> <p>Tuna Salad Sandwich, WG *Fritos, WG Veggies & Dip Fresh Fruit/Seasonal Milk, Fat Free</p>	<p style="text-align: center;"><i>HOT LUNCH</i></p> <p>Soft Pretzels with Cheese, WG Baby Carrots Light Ranch Dressing Fresh Fruit/Seasonal Rice Krispies Treat Milk, Fat Free</p> <p style="text-align: center;">BAKED POTATO TUESDAY</p> <p style="text-align: center;">ALT: Chicken Patty</p> <p style="text-align: center;"><i>GRAB-N-GO</i></p> <p>Bologna & Cheese Sandwich *Potato Chips Fresh Fruit/Seasonal Oreo Cookies Milk, Fat Free</p>	<p style="text-align: center;"><i>HOT LUNCH</i></p> <p>Baked Macaroni & Cheese Green Beans Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p> <p style="text-align: center;">ALT: Chicken Patty</p> <p style="text-align: center;"><i>GRAB-N-GO</i></p> <p>String Cheese Sticks & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p>		
<p>Ala Carte Drinks</p> <p>Skim Milk - White Milk - Chocolate Milk - Flavored Milk - Capri Sun - 1.00 Water - .60 & 1.00 Sunny D - 1.00</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>Ala Carte Special</p> <p>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</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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