



SETON REGIONAL CATHOLIC SCHOOL

HEALTHY HABITS MENU-FEBRUARY 2018



Items subject to change

*= Baked

WG=Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
<div style="border: 2px solid pink; padding: 10px; display: inline-block;"> <h1 style="font-size: 2em; margin: 0;">February</h1> </div>			<p>HOT LUNCH PAPA JOHN'S CHEESE PIZZA MIXED VEGGIES CHILLED FRUIT CHOCOLATE CHIP COOKIE MILK, FAT FREE</p>	<p>1/2 DAY NO FOOD SERVICE</p>
			8	9
<p>HOT LUNCH *Chicken Rings Seasoned Noodles Lettuce & Carrot Salad Light Ranch Dressing Sherbet Milk, Fat Free</p> <p>ALT: Pizza Stick</p> <p>GRAB-N-GO Salami & Cheese Sandwich Baked Potato Chips Fresh Fruit/Seasonal Mini Rice Krispies Treat Milk, Fat Free</p>	<p>HOT LUNCH Grilled Cheese Sandwich, WG Green Beans Fresh Fruit/Seasonal Chocolate Chip Cookie Milk, Fat Free</p> <p style="background-color: yellow;">BAKED POTATO TUESDAY</p> <p>ALT: Chicken Nuggets</p> <p>GRAB-N-GO Chicken Patty on WG Bun Cheddar Goldfish, WG Raisins Jell-O Milk, Fat Free</p>	<p>HOT LUNCH BREAKFAST FOR LUNCH! *French Toast Sticks Syrup *Bacon *Triangle Hash Brown Fresh Fruit/Seasonal Milk, Fat Free</p> <p>ALT: Breakfast Burrito</p> <p>GRAB-N-GO Bagel & Cream Cheese Fresh Fruit/Seasonal Yogurt Raisins Milk, Fat Free</p>	<p>HOT LUNCH BELLACINO'S CHEESE PIZZA GREEN BEANS CHILLED FRUIT BROWNIE MILK, FAT FREE</p> <p>NO ALTERNATE NO GRAB-N-GO</p>	<p>HOT LUNCH Baked Macaroni & Cheese Green Beans Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p> <p>ALT: Fish Sticks</p> <p>GRAB-N-GO Turkey & Cheese Wrap Veggies & Dip Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p>
5	6	7	8	9
<p>HOT LUNCH *Boneless Chicken Drumsticks Mashed Potatoes with Gravy Peaches *Fresh Baked Brownie Milk, Fat Free</p> <p>ALT: Mini Tacos</p> <p>GRAB-N-GO Turkey & Cheese on WG Bun Fresh Veggies with Dip Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p>	<p>HOT LUNCH *Jumbo Corn Dog Fresh Cooked Carrots Applesauce Chocolate Chip Cookie Milk, Fat Free</p> <p style="background-color: yellow;">BAKED POTATO TUESDAY</p> <p>ALT: Chicken Strips</p> <p>GRAB-N-GO Hot Dog on WG Bun Baked Chips Fresh Fruit/Seasonal 2 Oreos Milk, Fat Free</p>	<p>HOT LUNCH <i>Valentines Day</i> Friendship Nuggets Cupid's Arrow (Carrot Sticks) Shimmering Heart Jell-O Valentine Treat Gotta Love Milk</p> <p>ALT: Hearts Grilled Cheese</p> <p>GRAB-N-GO BLT Sandwich Mini Twist Pretzels Fresh Fruit/Seasonal Chocolate Chip Cookie Milk, Fat Free</p>	<p>HOT LUNCH CHICK FIL A DAY Chicken Tender Slider French Fries with Ketchup Fresh Fruit/Seasonal Milk, Fat Free</p> <p>NO ALTERNATE NO GRAB-N-GO</p>	<p>HOT LUNCH Nachos and Cheese, WG Green Beans Fresh Fruit Churro Milk, Fat Free</p> <p>ALT: Cheese Pretzel</p> <p>GRAB-N-GO String Cheese Sticks & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p>
12	13	14	15	16
<p>NO SCHOOL</p>	<p>HOT LUNCH Fettuccini Alfredo Steamed Broccoli *Fresh Breadsticks Chocolate Chip Cookie Milk, Fat Free</p> <p style="background-color: yellow;">BAKED POTATO TUESDAY</p> <p>ALT: Mini Corn Dogs</p> <p>GRAB-N-GO Salami & Cheese Sandwich Baked Potato Chips Fresh Fruit/Seasonal Mini Rice Krispies Treat Milk, Fat Free</p>	<p>HOT LUNCH *Pancake & Sausage on Stick, WG Syrup Triangle Hash Brown Orange Half Milk, Fat Free</p> <p>ALT: Breakfast Burrito</p> <p>GRAB-N-GO Bagel & Cream Cheese Fresh Fruit/Seasonal Yogurt Raisins Milk, Fat Free</p>	<p>HOT LUNCH PAPA JOHN'S CHEESE PIZZA MIXED VEGGIES CHILLED FRUIT CHOCOLATE CHIP COOKIE MILK, FAT FREE</p> <p>NO ALTERNATE NO GRAB-N-GO</p>	<p>HOT LUNCH Soft Pretzels with Cheese, WG Baby Carrots Light Ranch Dressing Fresh Fruit/Seasonal Rice Krispies Treat Milk, Fat Free</p> <p>ALT: Baked Mac & Cheese</p> <p>GRAB-N-GO Trix Cereal Bar, WG Banana Cookie Hard Boiled Egg Yogurt Milk, Fat Free</p>
19	20	21	22	23
<p>HOT LUNCH *Grilled Chicken Sandwich Seasoned Noodles Celery Sticks with LF Ranch Fresh Fruit/Seasonal Milk, Fat Free</p> <p>ALT: Jumbo Corn Dog</p> <p>GRAB-N-GO BLT Sandwich Mini Twist Pretzels Fresh Fruit/Seasonal Chocolate Chip Cookie Milk, Fat Free</p>	<p>HOT LUNCH *Cheese Quesadilla Spanish Rice Corn Vanilla Ice Cream Milk, Fat Free</p> <p style="background-color: yellow;">BAKED POTATO TUESDAY</p> <p>ALT: Chicken Rings</p> <p>GRAB-N-GO Tuna Salad Sandwich, WG *Fritos, WG Veggies & Dip Fresh Fruit/Seasonal Milk, Fat Free</p>	<p>HOT LUNCH BREAKFAST FOR LUNCH! *Waffle with Syrup *Sausage Patty Peaches Strawberry Yogurt Cup Milk, Fat Free</p> <p>ALT: Scrambled Egg</p> <p>GRAB-N-GO Turkey & Cheese on WG Bun Fresh Veggies with Dip Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p>		
26	27	28		
<p>Ala Carte Drinks Skim Milk -.11 White Milk -.11 Chocolate Milk -.11 Flavored Milk -.11 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 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 style="text-align: center;">DAILY ITEMS 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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