



SETON REGIONAL CATHOLIC SCHOOL




HEALTHY HABITS MENU-MARCH 2018



Items subject to change

*= Baked

WG=Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			HOT LUNCH PAPA JOHNS  CHEESE PIZZA MIXED VEGGIES CHILLED FRUIT CHOCOLATE CHIP COOKIE MILK, FAT FREE NO ALTERNATE NO GRAB-N-GO	1 2 1/2 DAY NO FOOD SERVICE
5	6	7	8	9
				
12	13	14	15	16
HOT LUNCH Macho Nachos, WG Shredded Lettuce & Tomato Fresh Fruit/Seasonal 100% Fruit Juice Bar Milk, Fat Free ALT: Cheeseburger	HOT LUNCH *Chicken Rings Seasoned Noodles Lettuce & Carrot Salad Light Ranch Dressing Vanilla Ice Cream Milk, Fat Free BAKED POTATO DAY ALT: Soft Pretzel with Cheese	HOT LUNCH Biscuit & Gravy Scrambled Eggs Hash Brown Triangle Fresh Fruit/Seasonal Milk, Fat Free BIRTHDAY LUNCH/SUPERVISOR SPECIAL CHIPWICH ALT: Pancake & Sausage on Stick	HOT LUNCH BELLACINO'S  CHEESE PIZZA GREEN BEANS CHILLED FRUIT BROWNIE MILK, FAT FREE NO ALTERNATE NO GRAB-N-GO	HOT LUNCH Grilled Cheese Sandwich, WG Green Beans Fresh Fruit/Seasonal Chocolate Chip Cookie Milk, Fat Free ALT: Cheese Quesadilla
GRAB-N-GO BLT Sandwich Mini Twist Pretzels Fresh Fruit/Seasonal Chocolate Chip Cookie Milk, Fat Free	GRAB-N-GO Hot Dog on WG Bun Baked Chips Fresh Fruit/Seasonal Cookies Milk, Fat Free	GRAB-N-GO Bagel & Cream Cheese Fresh Fruit/Seasonal Yogurt Raisins Milk, Fat Free	GRAB-N-GO Trix Cereal Bar, WG Fresh Fruit/Seasonal Cookie Baby Carrots & Ranch Yogurt Milk, Fat Free	
19	20	21	22	23
HOT LUNCH Sweet N Sour Chicken White Rice Steamed Broccoli Fortune Cookie Milk, Fat Free ALT: Bosco Stick	HOT LUNCH *Grilled Chicken Sandwich Seasoned Noodles Celery Sticks with LF Ranch Fresh Fruit/Seasonal Milk, Fat Free BAKED POTATO DAY ALT: Chicken Nuggets	HOT LUNCH *Chicken Strips BBQ Sauce Corn Fresh Fruit/Seasonal Chocolate Chip Cookies Milk, Fat Free ALT: Hamburger	HOT LUNCH PAPA JOHNS  CHEESE PIZZA MIXED VEGGIES CHILLED FRUIT CHOCOLATE CHIP COOKIE MILK, FAT FREE NO ALTERNATE NO GRAB-N-GO	HOT LUNCH BREAKFAST FOR LUNCH! *Waffle with Syrup *Sausage Patty Peaches Strawberry Yogurt Cup Milk, Fat Free ALT: Pancake
GRAB-N-GO Roast Beef Sandwich on French Fresh Vegetables w/dip *Vanilla Wafers Fresh Fruit/Seasonal Milk, Fat Free	GRAB-N-GO Chicken Patty on WG Bun Cheddar Goldfish, WG Raisins Jell-O Milk, Fat Free	GRAB-N-GO String Cheese Sticks & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free	GRAB-N-GO Bagel & Cream Cheese Fresh Fruit/Seasonal Yogurt Raisins Milk, Fat Free	
26	27	28	29	30
HOT LUNCH Grilled Ham & Cheese Peas & Carrots Pineapple Tidbits Chocolate Chip Cookie Milk, Fat Free ALT: Cheese Quesadilla	HOT LUNCH Mini Corn Dogs with Ketchup Tossed Salad with Lite Ranch Fresh Fruit/Seasonal Chocolate Chip Cookie Milk, Fat Free BAKED POTATO DAY ALT: Mini Tacos	HOT LUNCH Pancake Bacon Slices Fresh Fruit/Seasonal Strawberry Yogurt Milk, Fat Free ALT: Biscuits & Gravy	1/2 DAY NO FOOD SERVICE HOLY THURSDAY 	NO SCHOOL GOOD FRIDAY 
GRAB-N-GO Hamburger on WG Bun Tiny Twist Pretzel Fresh Fruit Fruit Snack Milk, Fat Free	GRAB-N-GO Salami & Cheese Sandwich Baked Potato Chips Fresh Fruit/Seasonal Mini Rice Krispies Treat Milk, Fat Free	GRAB-N-GO Cinnamon Toast Crunch Cereal Bar, WG Apple Blueberry Muffin Hard Boiled Egg Milk, Fat Free		
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	Snacks All Baked Chips -1.25 100 Calorie Packs - 1.15 Nutri Grain Bars - 1.25 Ice Cream .85 & up	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	DAILY ITEMS Boxed Garden Salad	

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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