



# SETON REGIONAL CATHOLIC SCHOOL

## HEALTHY HABITS MENU-APRIL 2018



Items subject to change

\*= Baked

WG=Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
NO SCHOOL  EASTER MONDAY  	<p><b>HOT LUNCH</b> Nachos and Cheese, WG Green Beans Fresh Fruit Churro Milk, Fat Free</p> <p><b>BAKED POTATO TUESDAY</b></p> <p>ALT: Pulled Pork Slammer</p> <p><b>GRAB-N-GO</b> Italian Sub Sandwich Fritos Corn Chips Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p>	<p><b>HOT LUNCH</b> Biscuit &amp; Gravy Scrambled Eggs Hash Brown Triangle Fresh Fruit/Seasonal Milk, Fat Free</p> <p>ALT: French Toast Stick</p> <p><b>GRAB-N-GO</b> Bagel &amp; Cream Cheese Fresh Fruit/Seasonal Yogurt Raisins Milk, Fat Free</p>	<p><b>HOT LUNCH</b> PAPA JOHNS CHEESE PIZZA CORN CHILLED FRUIT COOKIE MILK, FAT FREE</p> <p>NO ALTERNATE</p> <p><b>NO GRAB-N-GO</b></p>	1/2 DAY  NO FOOD SERVICE
9	10	11	12	13
<p><b>HOT LUNCH</b> BBQ Chicken Drumstick Buttered Noodles Green Beans Brownie Milk, Fat Free</p> <p>ALT: Pig in a Blanket</p> <p><b>GRAB-N-GO</b> BLT Wrap Fresh Fruit/Seasonal Strawberry Yogurt *Cheddar Goldfish, WG Milk, Fat Free</p>	<p><b>HOT LUNCH</b> Sweet N Sour Chicken White Rice Steamed Broccoli Fortune Cookie Milk, Fat Free</p> <p><b>BAKED POTATO TUESDAY</b></p> <p>ALT: Grilled Ham &amp; Cheese</p> <p><b>GRAB-N-GO</b> Chicken &amp; Cheese Snack Wrap Fresh Vegetables with Dip Pears Cookie Milk, Fat Free</p>	<p><b>HOT LUNCH</b> BREAKFAST FOR LUNCH! *Pancake with Syrup *Sausage Patty Fresh Fruit/Seasonal Strawberry Yogurt Cup Milk, Fat Free</p> <p>ALT: Pancake &amp; Sausage on Stick</p> <p><b>GRAB-N-GO</b> Cocoa Puffs Cereal Bar, WG Apple Brownie Fresh Fruit/Seasonal Milk, Fat Free</p>	<p><b>HOT LUNCH</b> BELLACINO'S CHEESE PIZZA GREEN BEANS CHILLED FRUIT COOKIE MILK, FAT FREE</p> <p>NO ALTERNATE</p> <p><b>NO GRAB-N-GO</b></p>	<p><b>HOT LUNCH</b> *Toasted Ravioli Green Beans Mandarin Oranges Chocolate Chip *Cookie Milk, Fat Free</p> <p>ALT: Bosco Stick</p> <p><b>GRAB-N-GO</b> Roast Beef Sandwich on French Fresh Vegetables w/dip *Vanilla Wafers Fresh Fruit/Seasonal Milk, Fat Free</p>
16	17	18	19	20
<p><b>HOT LUNCH</b> Hamburger on WG Bun *Baked Fries Baby Carrots Fresh Fruit/Seasonal Milk, Fat Free</p> <p>ALT: Soft Pretzel &amp; Cheese</p> <p><b>GRAB-N-GO</b> Salami &amp; Cheese Sandwich Baked Potato Chips Fresh Fruit/Seasonal Mini Rice Krispies Treat Milk, Fat Free</p>	<p><b>HOT LUNCH</b> Chicken Alfredo Lettuce &amp; Carrot Salad Lite Italian Dressing Fresh Fruit/Seasonal *Garlic Breadstick Milk, Fat Free</p> <p><b>BAKED POTATO TUESDAY</b></p> <p>ALT: Meatball Sub</p> <p><b>GRAB-N-GO</b> Tuna Salad Sandwich, WG *Fritos, WG Veggies &amp; Dip Fresh Fruit/Seasonal Milk, Fat Free</p>	<p><b>HOT LUNCH</b> *Pizza Stix Green Beans Fresh Fruit/Seasonal Rice Krispies Treat Milk, Fat Free</p> <p><b>SUPERVISOR SPECIAL-SHAVED ICE BIRTHDAY LUNCH</b></p> <p>ALT: Mini Corn Dogs</p> <p><b>GRAB-N-GO</b> Chicken Caesar Wrap Baby Carrots Light Ranch Dressing Fresh Fruit/Seasonal Chocolate Brownie Milk, Fat Free</p>	<p><b>HOT LUNCH</b> CHICK-FIL-A MIXED VEGGIES CHILLED FRUIT BLUEBERRY MUFFIN MILK, FAT FREE</p> <p>NO ALTERNATE</p> <p><b>NO GRAB-N-GO</b></p>	<p><b>HOT LUNCH</b> MEXICAN MUNCHIES! Soft Taco Spanish Rice Lettuce &amp; Tomato Salad Light Ranch Dressing 100% Fruit Juice Bar Milk, Fat Free</p> <p>ALT: Cheese Quesadilla</p> <p><b>GRAB-N-GO</b> Chicken Patty on WG Bun Cheddar Goldfish, WG Raisins Jell-O Milk, Fat Free</p>
23	24	25	26	27
<p><b>HOT LUNCH</b> Fettuccini Alfredo Steamed Broccoli *Fresh Breadsticks Chocolate Chip *Cookie Milk, Fat Free</p> <p>ALT: Chicken Rings</p> <p><b>GRAB-N-GO</b> BLT Wrap Fresh Fruit/Seasonal Strawberry Yogurt *Cheddar Goldfish, WG Milk, Fat Free</p>	<p><b>HOT LUNCH</b> *Breaded Chicken Drumstick Buttered Noodles Mixed Vegetables Chocolate Chip Cookie Milk, Fat Free</p> <p><b>BAKED POTATO TUESDAY</b></p> <p>ALT: Fish Sticks &amp; Tartar Sauce</p> <p><b>GRAB-N-GO</b> Popcorn Chicken Wrap Fresh Fruit/Seasonal Fresh Vegetables &amp; Dip Cookie Milk, Fat Free</p>	<p><b>HOT LUNCH</b> Biscuit &amp; Gravy Scrambled Eggs Hash Brown Triangle Fresh Fruit/Seasonal Milk, Fat Free</p> <p>ALT: French Toast Sticks</p> <p><b>GRAB-N-GO</b> Bagel &amp; Cream Cheese Fresh Fruit/Seasonal Yogurt Raisins Milk, Fat Free</p>	<p><b>HOT LUNCH</b> PAPA JOHNS CHEESE PIZZA CARROTS CHILLED FRUIT COOKIE MILK, FAT FREE</p> <p>NO ALTERNATE</p> <p><b>NO GRAB-N-GO</b></p>	<p><b>HOT LUNCH</b> Sweet N Sour Chicken White Rice Steamed Broccoli Fortune Cookie Milk, Fat Free</p> <p>ALT: Fried Rice</p> <p><b>GRAB-N-GO</b> Roast Beef Sandwich on French Fresh Vegetables w/dip *Vanilla Wafers Fresh Fruit/Seasonal Milk, Fat Free</p>
30				
<p><b>HOT LUNCH</b> Nachos and Cheese, WG Green Beans Fresh Fruit Churro Milk, Fat Free</p> <p>ALT: Toasted Ravioli</p> <p><b>GRAB-N-GO</b> Hamburger on WG Bun Tiny Twist Pretzel Fresh Fruit Fruit Snack Milk, Fat Free</p>				
<p><b>Ala Carte Drinks</b> Skim Milk -.11 White Milk -.11 Chocolate Milk -.11 Flavored Milk -.11 Capri Sun - 1.00 Water - .60 &amp; 1.00 Sunny D - 1.00</p>	<p><b>Snacks</b> All Baked Chips -1.25 100 Calorie Packs - 1.15 Nutri Grain Bars - 1.25</p> <p><b>Ice Cream .85 &amp; up</b></p>	<p><b>Ala Carte Special</b> Popcorn Chicken &amp; Fries-3.55 Toasted Ravioli &amp; Sauce-2.75 2 Bosco Sticks with Sauce-3.50 Bacon Cheeseburger with Chips-3.50 Chicken Rings &amp; Fries 3.65</p>	<p><b>DAILY ITEMS</b></p>	<p><b>Boxed Garden Salad</b></p>

HOT LUNCH - GRAB -N-GO - PRESCHOOL \$3.50- GRADES K-2 \$3.75 GRADES 3-8 \$4.00, TEACHER LUNCH 3.50

GRAB-N-GO INCLUDES CHOICE OF MILK



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