



# SETON REGIONAL CATHOLIC SCHOOL

## HEALTHY HABITS MENU-MAY 2018



Items subject to change

\*= Baked

WG=Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
	<p><b>HOT LUNCH</b> Grilled Cheese Sandwich, WG Green Beans Fresh Fruit/Seasonal Chocolate Chip Cookie Milk, Fat Free</p> <p>ALT: Mini Corn Dogs</p> <p><b>BAKED POTATO TUESDAY</b></p> <p><b>GRAB-N-GO</b> Hamburger on WG Bun Tiny Twist Pretzel Fresh Fruit Fruit Snack Milk, Fat Free</p>	<p><b>HOT LUNCH</b> Baked Macaroni &amp; Cheese Green Beans Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p> <p>ALT: Bosco Stick</p> <p><b>GRAB-N-GO</b> String Cheese Sticks &amp; Crackers Veggies &amp; Dip Fresh Fruit/Seasonal Strawberry Yogurt 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></p>	NO SCHOOL
	7	8	9	10
<p><b>HOT LUNCH</b> *Pig in a Blanket Macaroni &amp; Cheese Steamed Broccoli Fresh Fruit/Seasonal Milk, Fat Free</p> <p>ALT: Meatball Sub</p> <p><b>GRAB-N-GO</b> BLT Sandwich Mini Twist Pretzels Fresh Fruit/Seasonal Chocolate Chip Cookie Milk, Fat Free</p>	<p><b>HOT LUNCH</b> Teacher Grilled Ham &amp; Cheese Homework Peas &amp; Carrots Career Pineapple Tidbits #1 Chocolate Chip Cookie Motivating Milk, Fat Free</p> <p>ALT: Chicken Strips</p> <p><b>BAKED POTATO TUESDAY</b></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>	<p><b>HOT LUNCH</b> <b>BREAKFAST FOR LUNCH!</b> *French Toast Sticks Syrup *Bacon *Triangle Hash Brown Fresh Fruit/Seasonal Milk, Fat Free</p> <p>ALT: Waffle with Syrup</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 MIXED VEGGIES CHILLED FRUIT CHOCOLATE CHIP COOKIE MILK, FAT FREE</p> <p>NO ALTERNATE</p> <p><b>NO GRAB-N-GO</b></p> <p></p>	<p><b>HOT LUNCH</b> Cheeseburger on WG Bun Baby Carrots Jell-O Fresh Fruit/Seasonal Milk, Fat Free</p> <p>ALT: Nachos &amp; Cheese</p> <p><b>GRAB-N-GO</b> Bologna &amp; Cheese Sandwich *Potato Chips Fresh Fruit/Seasonal Oreo Cookies Milk, Fat Free</p>
14	15	16	17	18
<p><b>HOT LUNCH</b> <b>PASTA DAY</b> Spaghetti with Meat Sauce Green Beans *WG Dinner Roll 100% Fruit Juice Bar Milk, Fat Free</p> <p>ALT: Grilled Cheese</p>	<p><b>HOT LUNCH</b> Toasted Ravioli Bowtie Pasta W/ Spaghetti Sauce Cooked Broccoli Fresh Fruit/Seasonal Milk, Fat Free</p> <p>ALT: Meatball Sub</p> <p><b>BAKED POTATO TUESDAY</b></p> <p><b>GRAB-N-GO</b> Hot Dog on WG Bun Baked Chips Fresh Fruit/Seasonal 2 Oreos Milk, Fat Free</p>	<p><b>HOT LUNCH</b> <b>BREAKFAST FOR LUNCH!</b> *Pancake with Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p> <p>ALT: Breakfast Burrito</p> <p><b>BIRTHDAY LUNCH/ SUPERVISOR SPECIAL</b> <b>DIRT CUPS</b></p> <p><b>GRAB-N-GO</b> String Cheese Sticks &amp; Crackers Veggies &amp; Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p>	<p><b>HOT LUNCH</b> BELLACINO'S CHEESE PIZZA GREEN BEANS CHILLED FRUIT BROWNIE MILK, FAT FREE</p> <p>NO ALTERNATE</p> <p><b>NO GRAB-N-GO</b></p> <p></p>	<p><b>HOT LUNCH</b> *Chicken Rings Seasoned Noodles Lettuce &amp; Carrot Salad Light Ranch Dressing 100% Fruit Juice Bar Milk, Fat Free</p> <p>ALT: Mini Taco</p> <p><b>GRAB-N-GO</b> Tuna Salad Sandwich, WG *Fritos, WG Veggies &amp; Dip Fresh Fruit/Seasonal Milk, Fat Free</p>
21	22	23	24	25
<p><b>HOT LUNCH</b> *Cheese Quesadilla Spanish Rice Corn Vanilla Ice Cream Milk, Fat Free</p> <p>ALT: Bosco Breadstick</p> <p><b>GRAB-N-GO</b> Ham &amp; Cheese on Bagel *Cheddar Goldfish, WG Applesauce *Teddy Grahams Milk, Fat Free</p>	<p><b>HOT LUNCH</b> Bowl of Chili Baby Carrots Chilled Pineapple Jell-O Milk, Fat Free</p> <p>ALT: Hot Dog on Bun</p> <p><b>BAKED POTATO TUESDAY</b></p> <p><b>GRAB-N-GO</b> Chicken Snack Wrap Fresh Vegetables with Dip Pears Milk, Fat Free</p>	<p><b>HOT LUNCH</b> Pancake &amp; Sausage on Stick, WG Syrup Tator Coins Orange Half Milk, Fat Free</p> <p>ALT: Waffle</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 MIXED VEGGIES CHILLED FRUIT CHOCOLATE CHIP COOKIE MILK, FAT FREE</p> <p>NO ALTERNATE</p> <p><b>NO GRAB-N-GO</b></p> <p></p>	<p>1/2 DAY</p> <p>LAST DAY OF SCHOOL</p> <p>NO FOOD SERVICE</p> <p></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>Ice Cream .85 &amp; up</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>Boxed Garden Salad</p>

HOT LUNCH - GRAB -N-GO - PRESCHOOL \$3.50- GRADES K-2 \$3.75 GRADES 3-8 \$4.00, TEACHER LUNC GRAB-N-GO INCLUDES CHOICE OF MILK



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