



SETON REGIONAL CATHOLIC SCHOOL HEALTHY HABITS MENU-AUGUST 2018



Items subject to change

*= Baked

WG=Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13	14	15	16	17
NO SCHOOL	NO SCHOOL	<p style="text-align: center; color: blue;">HOT LUNCH</p> <p>* Chicken Strips BBQ Sauce Corn Fresh Fruit/Seasonal Cookies Milk, Fat Free</p> <p style="text-align: center;">ALT: Hamburger</p> <p style="text-align: center; color: red;">GRAB-N-GO</p> <p>BLT Sandwich Mini Twist Pretzels Fresh Fruit/Seasonal Cookie Milk, Fat Free</p>	<p style="text-align: center; color: blue;">HOT LUNCH</p> <p>*Bosco Breadstick Sauce Lettuce & Carrot Salad Lite Ranch Dressing Fresh Fruit/Seasonal Oreo Cookies Milk, Fat Free</p> <p style="text-align: center;">ALT: Meatball Sub</p> <p style="text-align: center; color: red;">GRAB-N-GO</p> <p>Chicken Patty on WG Bun Cheddar Goldfish, WG Raisins Jell-O Milk, Fat Free</p>	<p style="text-align: center; color: blue;">HOT LUNCH</p> <p>*Toasted Ravioli Green Beans Fresh Fruit/Seasonal *Cookie Milk, Fat Free</p> <p style="text-align: center;">ALT: Oven Roasted Chicken Breast</p> <p style="text-align: center; color: red;">GRAB-N-GO</p> <p>Chicken Snack Wrap Fresh Vegetables with Dip Fresh Fruit/Seasonal Milk, Fat Free</p>
20	21	22	23	24
<p style="text-align: center; color: blue;">HOT LUNCH</p> <p style="text-align: center; color: red;">Welcome Back Special</p> <p>Golden Ruler Sandwich (Grilled Cheese) Pencil Potatoes (Fries) Assorted Crayons (Veggie Sticks) Back to School Surprise Dessert Meeting New Friends Milk</p> <p style="text-align: center;">ALT: All Natural Hot Dog</p> <p style="text-align: center; color: red;">GRAB-N-GO</p> <p>Chicken Snack Wrap Fresh Vegetables with Dip Fresh Fruit/Seasonal Milk, Fat Free</p>	<p style="text-align: center; color: blue;">HOT LUNCH</p> <p style="text-align: center; color: red;">BREAKFAST FOR LUNCH!</p> <p>*French Toast Sticks Syrup *Bacon *Triangle Hash Brown Fresh Fruit/Seasonal Milk, Fat Free</p> <p style="text-align: center;">ALT: Waffle</p> <p style="text-align: center; color: red;">GRAB-N-GO</p> <p>Bagel & Cream Cheese Fresh Fruit/Seasonal Yogurt Raisins Milk, Fat Free</p>	<p style="text-align: center; color: blue;">HOT LUNCH</p> <p>Turkey & Cheese Panini Fresh Veggies with Dip Fresh Fruit/Seasonal Cheddar Goldfish Milk, Fat Free</p> <p style="text-align: center;">ALT: Chicken Patty</p> <p style="text-align: center; color: red;">GRAB-N-GO</p> <p>Italian Sub Sandwich Fritos Corn Chips Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p>	<p style="text-align: center; color: blue;">HOT LUNCH</p> <p>PAPA JOHNS CHEESE PIZZA BABY CARROTS FRESH FRUIT/SEASONAL FRESH BAKED BROWNIE MILK, FAT FREE</p> <p style="text-align: center;">NO ALTERNATE</p> <p style="text-align: center; color: red;">NO GRAB-N-GO</p>	<p style="text-align: center; color: blue;">HOT LUNCH</p> <p>*Jumbo Corn Dog Corn Fresh Fruit/Seasonal *Vanilla Wafers Milk, Fat Free</p> <p style="text-align: center;">ALT: Cheeseburger</p> <p style="text-align: center; color: red;">GRAB-N-GO</p> <p>Turkey & Cheese Wrap *Cheddar Goldfish, WG Fresh Fruit/Seasonal *Mini Rice Krispies Treat Milk, Fat Free</p>
27	28	29	30	31
<p style="text-align: center; color: blue;">HOT LUNCH</p> <p>*Cheese Quesadilla Spanish Rice Corn Rainbow Sherbet Milk, Fat Free</p> <p style="text-align: center;">ALT: Soft Taco</p> <p style="text-align: center; color: red;">GRAB-N-GO</p> <p>BLT Sandwich Mini Twist Pretzels Fresh Fruit/Seasonal Cookie Milk, Fat Free</p>	<p style="text-align: center; color: blue;">HOT LUNCH</p> <p>Baked Macaroni & Cheese Green Beans Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p> <p style="text-align: center;">ALT: French Dip</p> <p style="text-align: center; color: red;">GRAB-N-GO</p> <p>Popcorn Chicken Wrap Fresh Fruit/Seasonal Fresh Vegetables & Dip Milk, Fat Free</p>	<p style="text-align: center; color: blue;">HOT LUNCH</p> <p>*Lasagna with Meat Sauce *Fresh Breadsticks Tossed Salad Lite Ranch Dressing Fresh Fruit/Seasonal Milk, Fat Free</p> <p style="text-align: center;">ALT: Pepperoni Pizza Dippers</p> <p style="text-align: center; color: red;">GRAB-N-GO</p> <p>All Natural Hot Dog on Bun Potato Chips Fresh Fruit/Seasonal 2 Oreos Milk, Fat Free</p>	<p style="text-align: center; color: blue;">HOT LUNCH</p> <p>DOMINO'S PIZZA CORN FRESH FRUIT/SEASONAL COOKIE MILK, FAT FREE</p> <p style="text-align: center;">NO ALTERNATE</p> <p style="text-align: center; color: red;">NO GRAB-N-GO</p>	<p style="text-align: center; color: blue;">HOT LUNCH</p> <p>*Chicken Nuggets Corn Fresh Fruit/Seasonal Rice Krispy Treat Milk, Fat Free</p> <p style="text-align: center;">ALT: Sloppy Joe</p> <p style="text-align: center; color: red;">GRAB-N-GO</p> <p>Salami & Cheese Sandwich Baked Potato Chips Fresh Fruit/Seasonal Mini Rice Krispies Treat 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 1.15 & up</p>	<p>Ala Carte Special</p> <p>Chicken Strips and Fries-3.50 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</p> <p style="text-align: right;">Boxed Garden Salad</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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