



SETON REGIONAL CATHOLIC SCHOOL

HEALTHY HABITS MENU-SEPTEMBER 2018



Items subject to change

*= Baked

WG=Whole Grain Ingredients

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| 3 | 4 | 5 | 6 | 7 |
| NO SCHOOL Labor Day | HOT LUNCH Breakfast Panini (Egg, Bacon & Cheese) Yogurt Tator Tots Fresh Fruit/Seasonal Milk, Fat Free ALT: French Toast Sticks GRAB-N-GO Bagel & Cream Cheese Fresh Fruit/Seasonal Yogurt Raisins Milk, Fat Free | HOT LUNCH Buttered Noodles Broccoli Cucumber & Tomato Salad Cheese Cubes Breadstick Milk, Fat Free ALT: Chicken Drumstick GRAB-N-GO All Natural Hot Dog on Bun Potato Chips Fresh Fruit/Seasonal 2 Oreos Milk, Fat Free | HOT LUNCH PAPA JOHNS CHEESE PIZZA MIXED VEGGIES FRESH FRUIT/SEASONAL RICE KRISPIES TREAT MILK, FAT FREE NO ALTERNATE NO GRAB-N-GO | 1/2 DAY NO FOOD SERVICE |
| 10 | 11 | 12 | 13 | 14 |
| HOT LUNCH *Popcorn Chicken *Seasoned Fries Fresh Fruit/Seasonal *Homemade Brownie Milk, Fat Free CHIPWICHES 1.60 ALT: Popcorn Shrimp GRAB-N-GO Bagel & Cream Cheese Fresh Fruit/Seasonal Yogurt Raisins Milk, Fat Free | HOT LUNCH Hamburger Quesadilla Taco Fiesta Beans Fresh Fruit/Seasonal Jell-O Milk, Fat Free ALT: Soft Taco GRAB-N-GO Chicken Caesar Wrap Baby Carrots Light Ranch Dressing Fresh Fruit/Seasonal Chocolate Brownie Milk, Fat Free | HOT LUNCH BREAKFAST FOR LUNCH! *Pancake with Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free ALT: Scrambled Eggs GRAB-N-GO Turkey & Swiss on French Raisins Fresh Vegetables & Dip Chilled Pudding Milk, Fat Free | HOT LUNCH DOMINOS CHEESE PIZZA TOSSED SALAD CHILLED FRUIT CHOCOLATE CHIP COOKIE MILK, FAT FREE NO ALTERNATE NO GRAB-N-GO | HOT LUNCH *Toasted Ravioli Green Beans Fresh Fruit/Seasonal *Cookie Milk, Fat Free ALT: Chicken Nuggets GRAB-N-GO Popcorn Chicken Wrap Fresh Fruit/Seasonal Fresh Vegetables & Dip Milk, Fat Free |
| 17 | 18 | 19 | 20 | 21 |
| HOT LUNCH *Popcorn Chicken *Seasoned Fries Fresh Fruit/Seasonal *Homemade Brownie Milk, Fat Free ALT: BBQ Rib GRAB-N-GO Chicken Snack Wrap Fresh Vegetables with Dip Fresh Fruit/Seasonal Milk, Fat Free | HOT LUNCH Beef Dippers Mashed Potato with Gravy Fresh Fruit/Seasonal Green Beans Milk, Fat Free ALT: Chicken Patty GRAB-N-GO Turkey & Swiss on French Raisins Fresh Vegetables & Dip Chilled Pudding Milk, Fat Free | HOT LUNCH Chicken Parmesan Slider Grapes Tossed Salad Jell-O Milk, Fat Free ALT: Sloppy Joe GRAB-N-GO Ham & Cheese on Bagel *Cheddar Goldfish, WG Fresh Fruit/Seasonal *Teddy Grahams Milk, Fat Free | HOT LUNCH CHICK FIL A DAY Chicken Tender Slider French Fries with Ketchup Fresh Fruit/Seasonal Milk, Fat Free NO ALTERNATE NO GRAB-N-GO | HOT LUNCH WORLD GRATITUDE DAY Thank You Corn Dog Merci Carrots Danke Applesauce Gracias Cookie Kiitos Milk ALT: Grazie Bosco Stick GRAB-N-GO Dojey Ham & Cheese Bagel Toda Goldfish Tak Applesauce Kawp-Kim Krapka Teddy Grahams Assante Milk |
| 24 | 25 | 26 | 27 | 28 |
| HOT LUNCH *Pig in a Blanket Smiley Face Potatoes Green Beans Milk, Fat Free ALT: Turkey & Cheese Panini GRAB-N-GO Hamburger on WG Bun Tiny Twist Pretzel Fresh Fruit/Seasonal Rice Krispies Treat Milk, Fat Free | HOT LUNCH French Toast Sticks Waffle Breaded Chicken Strip Pancake Syrup Fresh Fruit/Seasonal Yogurt Milk, Fat Free ALT: Waffle GRAB-N-GO Trix Cereal Bar, WG Hard Boiled Egg Yogurt Cinnamon Struesel Coffee Cake Milk, Fat Free | HOT LUNCH Sweet N Sour Chicken White Rice Steamed Broccoli Fortune Cookie Milk, Fat Free ALT: Grilled Ham & Cheese GRAB-N-GO Popcorn Chicken Wrap Fresh Fruit/Seasonal Fresh Vegetables & Dip Milk, Fat Free | HOT LUNCH PAPA JOHNS CHEESE PIZZA CARROTS & CELERY STICKS CHILLED FRUIT JELL-O MILK, FAT FREE NO ALTERNATE NO GRAB-N-GO | HOT LUNCH *Chicken Nuggets *Au Gratin Potatoes Green Beans Fresh Fruit/Seasonal Milk, Fat Free ALT: BBQ Rib GRAB-N-GO BLT Wrap Fresh Fruit/Seasonal Strawberry Yogurt *Cheddar Goldfish, WG Milk, Fat Free |
| Ala Carte Drinks Skim Milk - White Milk - Chocolate Milk Flavored Milk - 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 1.15 & up | Ala Carte Special 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 | DAILY ITEMS Boxed Garden Salad | |

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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