



SETON REGIONAL CATHOLIC SCHOOL

HEALTHY HABITS MENU-NOVEMBER 2018



Items subject to change

*= Baked

WG= Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="font-size: 48px; font-weight: bold; color: brown;">November</div>				
5	6	7	8	9
<p>HOT LUNCH MEXICAN MUNCHIES! Soft Taco Spanish Rice Lettuce & Tomato Salad Light Ranch Dressing 100% Fruit Juice Bar Milk, Fat Free</p> <p>ALT: Nachos & Cheese</p> <p>GRAB-N-GO Tuna Salad Sandwich, WG *Fritos, WG Veggies & Dip Fresh Fruit/Seasonal Milk, Fat Free</p>	<p>HOT LUNCH ELECTION DAY Voting Pretzel & Cheese Poll Baby Carrots Winner Fruit Election Rice Krispies Treat Mayoral Milk</p> <p>ALT: Nachos & Cheese</p> <p>GRAB-N-GO All Natural Hot Dog on Bun Baked Chips Fresh Fruit/Seasonal 2 Oreos Milk, Fat Free</p>	<p>HOT LUNCH BREAKFAST FOR LUNCH! *Pancake with Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p> <p>ALT: Breakfast Burrito</p> <p>GRAB-N-GO Bagel & Cream Cheese Fresh Fruit/Seasonal Yogurt Raisins Milk, Fat Free</p>	<p style="text-align: center;">NO SCHOOL</p> <p style="text-align: center;"></p> <p>HOT LUNCH PAPA JOHNS CHEESE PIZZA CORN FRESH FRUIT/SEASONAL CHOCOLATE CHIP COOKIE MILK, FAT FREE</p> <p>NO ALTERNATE NO GRAB-N-GO</p> <p style="text-align: center;"></p>	<p style="text-align: center;">1/2 DAY NO FOOD SERVICE</p> <p style="text-align: center;">1/2 DAY NO FOOD SERVICE</p>
12	13	14	15	16
<p>HOT LUNCH *Boneless Chicken Drumsticks Mashed Potatoes with Gravy Peaches *Fresh Baked Brownie Milk, Fat Free</p> <p>ALT: Bowl of Chili</p> <p>GRAB-N-GO Salami & Cheese Sandwich Baked Potato Chips Fresh Fruit/Seasonal Mini Rice Krispies Treat Milk, Fat Free</p>	<p>HOT LUNCH *Bosco Stick Spaghetti Sauce Mixed Vegetables Fresh Fruit/Seasonal 100% Fruit Juice Bar Milk, Fat Free</p> <p>ALT: Pizza Sticks</p> <p>GRAB-N-GO Turkey & Cheese on WG Bun Fresh Veggies with Dip Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p>	<p>HOT LUNCH BREAKFAST FOR LUNCH! *Waffle with Syrup *Sausage Patty Fresh Fruit/Seasonal Strawberry Yogurt Cup Milk, Fat Free</p> <p>ALT: Pancake & Sausage on Stick</p> <p>GRAB-N-GO Bagel & Cream Cheese Fresh Fruit/Seasonal Yogurt Raisins Milk, Fat Free</p>	<p>HOT LUNCH DOMINO'S CHEESE PIZZA GREEN BEANS FRESH FRUIT/SEASONAL TEDDY GRAHAMS MILK, FAT FREE</p> <p>NO ALTERNATE NO GRAB-N-GO</p> <p style="text-align: center;"></p>	<p>HOT LUNCH *Chicken Nuggets Mashed Potatoes & Gravy Mixed Vegetables Vanilla Ice Cream Milk, Fat Free</p> <p>ALT: Crunchy Taco</p> <p>GRAB-N-GO Tuna Salad Sandwich, WG *Fritos, WG Veggies & Dip Fresh Fruit/Seasonal Milk, Fat Free</p>
19	20	21	22	23
<p>HOT LUNCH Baked Macaroni & Cheese Green Beans Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p> <p>ALT: Corn Dog</p> <p>GRAB-N-GO BLT Sandwich Mini Twist Pretzels Fresh Fruit/Seasonal Chocolate Chip Cookie Milk, Fat Free</p>	<p>HOT LUNCH Mini Tacos Corn Fresh Fruit/Seasonal Fresh Baked Brownie Milk, Fat Free</p> <p>ALT: Pig in a Blanket</p> <p>GRAB-N-GO Chicken Patty on WG Bun Cheddar Goldfish, WG Raisins Jell-O Milk, Fat Free</p>	<p style="font-size: 24px; font-weight: bold;">NO SCHOOL</p>	<p style="font-size: 24px; font-weight: bold;">NO SCHOOL</p> <p style="text-align: center;"></p>	<p style="font-size: 24px; font-weight: bold;">NO SCHOOL</p>
26	27	28	29	30
<p>HOT LUNCH *Toasted Ravioli Green Beans Fresh Fruit/Seasonal Chocolate Chip *Cookie Milk, Fat Free</p> <p>ALT: Bosco Stick</p> <p>GRAB-N-GO Roast Beef Sandwich on French Fresh Vegetables w/dip *Vanilla Wafers Fresh Fruit/Seasonal Milk, Fat Free</p>	<p>HOT LUNCH *Popcorn Chicken *Seasoned Fries Fresh Fruit/Seasonal *Homemade Brownie Milk, Fat Free</p> <p>ALT: Pulled Pork Slammer</p> <p>GRAB-N-GO String Cheese Sticks & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p>	<p>HOT LUNCH BREAKFAST FOR LUNCH! Scrambled Eggs *Hash Brown Triangle Fresh Fruit/Seasonal Cookie Milk, Fat Free</p> <p>ALT: Pancake</p> <p>GRAB-N-GO Bagel & Cream Cheese Fresh Fruit/Seasonal Yogurt Raisins Milk, Fat Free</p>	<p>HOT LUNCH CHICK-FIL-A DAY Chicken Slider Mixed Veggies Fresh Fruit/Seasonal Milk, Fat Free</p> <p>NO ALTERNATE NO GRAB-N-GO</p> <p style="text-align: center;"></p>	<p>HOT LUNCH Cheeseburger on WG Bun Baby Carrots Jell-O Fresh Fruit/Seasonal Milk, Fat Free</p> <p>ALT: Grilled Cheese</p> <p>GRAB-N-GO Bologna & Cheese Sandwich *Potato Chips Fresh Fruit/Seasonal Oreo Cookies Milk, Fat Free</p>
<p>Ala Carte Drinks Skim Milk -.12 White Milk -.11 Chocolate Milk .13 Flavored Milk -.12 Capri Sun - 1.00 Water - .60 & 1.00 Sunny D - 1.00</p>	<p style="text-align: center;">Snacks All Baked Chips -1.25 100 Calorie Packs - 1.15 Nutri Grain Bars - 1.25</p>	<p>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</p>	<p>DAILY ITEMS 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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