

St. Clement of Rome

Healthy Habits Lunch

FEBRUARY 2018

*= Baked

WG=Whole Grain Ingredients



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			HOT LUNCH PAPA JOHNS PIZZA SALAD COOKIE MILK, FAT FREE 	HOT LUNCH *Popcorn Chicken *Seasoned Fries Fresh Fruit/Seasonal *Homemade Brownie Milk, Fat Free
			Alternate: Bosco Stick	Alternate: Bosco Stick
5	6	7	8	9
HOT LUNCH *Chicken & Cheese Quesadilla Spanish Rice Corn Churro Milk, Fat Free	HOT LUNCH Hamburger on WG Bun *Baked Fries Baby Carrots Fresh Fruit/Seasonal Milk, Fat Free	HOT LUNCH Turkey Sandwich on French Bread Chips Mandarin Oranges Animal Crackers Milk, Fat Free	HOT LUNCH PAPA JOHNS PIZZA SALAD COOKIE MILK, FAT FREE 	HOT LUNCH <u>TACO'S TODAY!!!</u> Crunchy Taco, WG Spanish Rice, WG Mexican Corn Rainbow Sherbet Milk, Fat Free
Alternate: Corn Dog	Alternate: Corn Dog	Alternate: Corn Dog	Alternate: Corn Dog	Alternate: Corn Dog
12	13	14	15	16
HOT LUNCH *Chicken Nuggets Corn Fresh Fruit/Seasonal Fresh Baked Brownie Milk, Fat Free	HOT LUNCH French Dip Baked Chips Fruit Kabob Milk, Fat Free	HOT LUNCH Rainbow Tortellini w/ Alfredo Sauce Tossed Salad Lite Italian Dressing Breadstick Fresh Fruit/Seasonal Milk, Fat Free	HOT LUNCH PAPA JOHNS PIZZA SALAD COOKIE MILK, FAT FREE 	NOON DISMISSAL NO FOOD SERVICE
Alternate: Grilled Cheese	Alternate: Grilled Cheese	Alternate: Grilled Cheese	Alternate: Grilled Cheese	
19	20	21	22	23
NO SCHOOL 	HOT LUNCH <u>BREAKFAST FOR LUNCH!</u> *French Toast Sticks Syrup *Bacon *Triangle Hash Brown Fresh Fruit/Seasonal Milk, Fat Free	HOT LUNCH * Chicken Strips BBQ Sauce Corn Fresh Fruit/Seasonal Cookies Milk, Fat Free	HOT LUNCH PAPA JOHNS PIZZA SALAD COOKIE MILK, FAT FREE 	HOT LUNCH Breaded Cheese Ravioli Marinara Sauce Green Beans Mandarin Oranges Milk, Fat Free
	Alternate: Toasted Ravioli	Alternate: Toasted Ravioli	Alternate: Toasted Ravioli	Alternate: Grilled Cheese
26	27	28		
HOT LUNCH Hamburger on WG Bun *Baked Fries Baby Carrots Fresh Fruit/Seasonal Milk, Fat Free	HOT LUNCH *Boneless Chicken Drumsticks Mashed Potatoes with Gravy Peaches *Fresh Baked Brownie Milk, Fat Free	HOT LUNCH <u>BREAKFAST FOR LUNCH!</u> *Pancake with Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free		
Alternate: Bosco Stick	Alternate: Bosco Stick	Alternate: Bosco Stick		

All FSC menus follow the USDA guidelines & Archdiocese Wellness Plan and have been approved by Registered Dietitian Associates, Inc. (does not include alternate entrée).



Food Service Consultants, Inc.

"Serving You With Pride"

