

St. Clement of Rome

Healthy Habits Lunch

NOVEMBER 2018

*= Baked

WG=Whole Grain Ingredients



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			<p>HOT LUNCH</p> <p>PAPA JOHNS PIZZA</p> <p>SALAD </p> <p>COOKIE </p> <p>MILK, FAT FREE</p>	<p>HOT LUNCH</p> <p>Cheeseburger on WG Bun</p> <p>Baby Carrots</p> <p>Jell-O</p> <p>Fresh Fruit/Seasonal</p> <p>Milk, Fat Free</p>
			Alternate:	Alternate:
			Bosco Stick	Bosco Stick
5	6	7	8	9
<p>HOT LUNCH</p> <p>*Cheese Quesadilla</p> <p>Spanish Rice</p> <p>Corn</p> <p>Rainbow Sherbet</p> <p>Milk, Fat Free</p>	<p>HOT LUNCH</p> <p><u>BREAKFAST FOR LUNCH!</u></p> <p>*French Toast Sticks</p> <p>Syrup</p> <p>*Bacon</p> <p>*Triangle Hash Brown</p> <p>Fresh Fruit/Seasonal</p> <p>Milk, Fat Free</p>	<p>HOT LUNCH</p> <p>*Toasted Ravioli</p> <p>Green Beans</p> <p>Fresh Fruit/Seasonal</p> <p>*Cookie</p> <p>Milk, Fat Free</p>	<p>HOT LUNCH</p> <p>PAPA JOHNS PIZZA</p> <p>SALAD </p> <p>COOKIE </p> <p>MILK, FAT FREE</p>	<p>HOT LUNCH</p> <p>Turkey & Cheese on French</p> <p>Raisins</p> <p>Fresh Vegetables & Dip</p> <p>Chilled Pudding</p> <p>Milk, Fat Free</p>
Alternate:	Alternate:	Alternate:	Alternate:	Alternate:
Hot Dog	Hot Dog	Hot Dog	Hot Dog	Hot Dog
12	13	14	15	16
<p>HOT LUNCH</p> <p>*Chicken Nuggets</p> <p>*Au Gratin Potatoes</p> <p>Green Beans</p> <p>Fresh Fruit/Seasonal</p> <p>Milk, Fat Free</p>	<p>HOT LUNCH</p> <p>*Bosco Breadstick</p> <p>Sauce</p> <p>Lettuce & Carrot Salad</p> <p>Lite Ranch Dressing</p> <p>Fresh Fruit/Seasonal</p> <p>Oreo Cookies</p> <p>Milk, Fat Free</p>	<p>HOT LUNCH</p> <p>Pancake Bites</p> <p>Triangle Hash Brown</p> <p>Fresh Fruit/Seasonal</p> <p>Yogurt</p> <p>Milk, Fat Free</p>	<p>HOT LUNCH</p> <p>PAPA JOHNS PIZZA</p> <p>SALAD </p> <p>COOKIE </p> <p>MILK, FAT FREE</p>	<p>HOT LUNCH</p> <p>French Dip</p> <p>Potato Chips</p> <p>Fruit Kabob</p> <p>Milk, Fat Free</p>
Alternate:	Alternate:	Alternate:	Alternate:	Alternate:
Grilled Cheese	Grilled Cheese	Grilled Cheese	Grilled Cheese	Grilled Cheese
19	20	21	22	23
<p>HOT LUNCH</p> <p>Macho Nachos, WG</p> <p>Shredded Lettuce & Tomato</p> <p>Fresh Fruit/Seasonal</p> <p>Bomb Pop</p> <p>Milk, Fat Free</p>	<p>1/2 DAY</p> <p>NO FOOD SERVICE</p>	<p>NO SCHOOL</p>	<p>NO SCHOOL</p>	<p>NO SCHOOL</p>
Alternate:				
Toasted Ravioli				
26	27	28	29	30
<p>HOT LUNCH</p> <p><u>TACOS TODAY!!!</u></p> <p>Crunchy Taco, WG</p> <p>Spanish Rice, WG</p> <p>Mexicali Corn</p> <p>Rainbow Sherbet</p> <p>Milk, Fat Free</p>	<p>HOT LUNCH</p> <p>*Popcorn Chicken</p> <p>*Seasoned Fries</p> <p>Fresh Fruit/Seasonal</p> <p>*Homemade Brownie</p> <p>Milk, Fat Free</p>	<p>HOT LUNCH</p> <p>Grilled Cheese Sandwich, WG</p> <p>Green Beans</p> <p>Fresh Fruit/Seasonal</p> <p>Cookie</p> <p>Milk, Fat Free</p>	<p>HOT LUNCH</p> <p>PAPA JOHNS PIZZA</p> <p>SALAD </p> <p>COOKIE </p> <p>MILK, FAT FREE</p>	<p>HOT LUNCH</p> <p>*Toasted Ravioli</p> <p>Green Beans</p> <p>Fresh Fruit/Seasonal</p> <p>*Cookie</p> <p>Milk, Fat Free</p>
Alternate:	Alternate:	Alternate:	Alternate:	Alternate:
Corn Dog	Corn Dog	Corn Dog	Corn Dog	Corn Dog



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"

