










St. Clement of Rome

Healthy Habits Lunch

DECEMBER 2018

*= Baked

WG=Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p>HOT LUNCH</p> <p>Cheeseburger on WG Bun Baby Carrots Jell-O Fresh Fruit/Seasonal Milk, Fat Free</p>	<p>HOT LUNCH</p> <p><u>BREAKFAST FOR LUNCH!</u></p> <p>*French Toast Sticks Syrup *Bacon *Triangle Hash Brown Fresh Fruit/Seasonal Milk, Fat Free</p>	<p>HOT LUNCH</p> <p>*Cheese Quesadilla Spanish Rice Corn Rainbow Sherbet Milk, Fat Free</p>	<p>HOT LUNCH</p> <p>PAPA JOHNS PIZZA SALAD COOKIE MILK, FAT FREE</p> 	<p>HOT LUNCH</p> <p>*Chicken Nuggets *Au Gratin Potatoes Green Beans Fresh Fruit/Seasonal Milk, Fat Free</p>
Alternate:	Alternate:	Alternate:	Alternate:	Alternate:
Corn Dog	Corn Dog	Corn Dog	Corn Dog	Corn Dog
10	11	12	13	14
<p>HOT LUNCH</p> <p>*Toasted Ravioli Green Beans Fresh Fruit/Seasonal *Cookie Milk, Fat Free</p>	<p>HOT LUNCH</p> <p>TACOS TODAY!!!</p> <p>Crunchy Taco, WG Spanish Rice, WG Mexicali Corn Rainbow Sherbet Milk, Fat Free</p>	<p>HOT LUNCH</p> <p>* Chicken Strips BBQ Sauce Corn Fresh Fruit/Seasonal Cookies Milk, Fat Free</p>	<p>HOT LUNCH</p> <p>PAPA JOHNS PIZZA SALAD COOKIE MILK, FAT FREE</p> 	<p>HOT LUNCH</p> <p>Pancake Bites Triangle Hash Brown Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p>
Alternate:	Alternate:	Alternate:	Alternate:	Alternate:
Bosco Stick	Bosco Stick	Bosco Stick	Bosco Stick	Bosco Stick
17	18	19	20	21
<p>HOT LUNCH</p> <p>*Jumbo Corn Dog Corn Fresh Fruit/Seasonal *Vanilla Wafers Milk, Fat Free</p>	<p>HOT LUNCH</p> <p>PAPA JOHNS PIZZA SALAD  COOKIE MILK, FAT FREE</p>	<p>NOON DISMISSAL</p> <p>CHRISTMAS BREAK BEGINS</p>		
Alternate:	Alternate:			
Grilled Cheese	Grilled Cheese			
24	25	26	27	28
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
				
31				
NO SCHOOL				
				

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"

