## ST. GERARD MAJELLA HEALTHY HABITS SPECIALS-MAY 2017

| MONDAY  | TUESDAY                   | WEDNESDAY  | THURSDAY                  | FRIDAY                    |
|---|---------------------------|--|---------------------------|---------------------------|
| 1   | 2                         | 3  | 4                         | 5                         |
| HOT LUNCH   | HOT LUNCH                 | HOT LUNCH  | HOT LUNCH                 | HOT LUNCH                 |
| Toasted Ravioli   | Baked Macaroni & Cheese   | Manwich Sloppy Joe on WG Bun   |                           | Macho Nachos, WG          |
| Bowtie Pasta  | Green Beans               | Green Beans  | Fries                     | Shredded Lettuce & Tomato |
| W/ Spaghetti Sauce  | Fresh Fruit/Seasonal      | Applesauce   | Salad                     | Fresh Fruit/Seasonal      |
| Cooked Broccoli   | Milk, Fat Free            | Milk, Fat Free   | Applesauce                | Milk, Fat Free            |
| Fresh Fruit/Seasonal  |                           |  | Milk, Fat Free            |                           |
| Milk, Fat Free  | HOMEMADE TREAT SPECIAL    |  |                           |                           |
| GRAB-N-GO   | GRAB-N-GO                 | GRAB-N-GO  | GRAB-N-GO                 | GRAB-N-GO                 |
| Choice of Cereal  | Warm Bagel & Cream Cheese | Your Choice of Greek Yogurt  | Hot Ham & Cheese on Bagel | String Cheese & Crackers  |
| Hard Boiled Egg   | Fresh Fruit/Seasonal      | Granola  | Cheddar Goldfish, WG      | Veggies & Dip             |
| Fresh Fruit/Seasonal  | Cottage Cheese            | Mini Pretzels  | Applesauce                | Fresh Fruit/Seasonal      |
| Milk, Fat Free  | Raisins                   | Fresh Fruit/Seasonal   | Teddy Grahams             | Yogurt                    |
| ·   | Milk, Fat Free            | Milk, Fat Free   | Milk, Fat Free            | Milk, Fat Free            |
| 8   | 9                         | 10   | 11                        | 12                        |
| HOT LUNCH   | HOT LUNCH                 | HOT LUNCH  | HOT LUNCH                 |                           |
| Fettuccini Alfredo  | French Dip Roast Beef     | Meatball Sub   | BREAKFAST FOR LUNCH!      |                           |
| Steamed Broccoli  | on French Bread           | Lattice Chips  | *Pancake with Syrup       | SPECIAL LUNCH             |
| *Fresh Breadsticks  | Deli Chips                | Fresh Fruit/Seasonal   | *Sausage Patty            |                           |
| Milk, Fat Free  | Jell-O                    | Milk, Fat Free   | Fresh Fruit/Seasonal      |                           |
| ,   | Milk, Fat Free            | ,  | Yogurt                    |                           |
|   | HOMEMADE TREAT SPECIAL    |  | Milk, Fat Free            |                           |
| GRAB-N-GO   | GRAB-N-GO                 | GRAB-N-GO  | GRAB-N-GO                 |                           |
| Choice of Cereal  | Warm Bagel & Cream Cheese | Your Choice of Greek Yogurt  | Hot Ham & Cheese on Bagel |                           |
| Hard Boiled Egg   | Fresh Fruit/Seasonal      | Granola  | Cheddar Goldfish, WG      |                           |
| Fresh Fruit/Seasonal  | Cottage Cheese            | Mini Pretzels  | Applesauce                |                           |
| Milk, Fat Free  | Raisins                   | Fresh Fruit/Seasonal   | Teddy Grahams             |                           |
| Willik, Fat Free  |                           | •  | Milk, Fat Free            |                           |
| 15  | Milk, Fat Free<br>16      | Milk, Fat Free<br>17   | 18                        | 19                        |
| HOT LUNCH   | HOT LUNCH                 | HOT LUNCH  | HOT LUNCH                 | HOT LUNCH                 |
| *Mostaciolli  | Chicken Quesadilla        | Grilled Cheese   | BELLACINOS PIZZA DAY      | Chicken Strips            |
| Tossed Salad  | Spanish Rice              | Tomato Soup  | Tossed Salad              | Broccoli                  |
| Lite Italian Dressing   | Corn                      | Lettuce & Carrot Salad   | Fresh Fruit/Seasonal      | Rice                      |
| Peaches   |                           |  |                           |                           |
| *WG Dinner Rolls  | Fresh Fruit/Seasonal      | Light Ranch Dressing   | Milk, Fat Free            | Grapes                    |
|   | Milk, Fat Free            | Fresh Fruit/Seasonal<br>Milk, Fat Free   | Milk, Fat Free            | Milk, Fat Free            |
| Milk, Fat Free  | HOMEMADE TREAT SPECIAL    | , and the second | NO CRAP N CO              | CDAR N CO                 |
| GRAB-N-GO   | GRAB-N-GO                 | GRAB-N-GO  | NO GRAB-N-GO              | GRAB-N-GO                 |
| Choice of Cereal  | Warm Bagel & Cream Cheese | Your Choice of Greek Yogurt  |                           | String Cheese & Crackers  |
| Hard Boiled Egg   | Fresh Fruit/Seasonal      | Granola  | (Bellacino's)             | Veggies & Dip             |
| Fresh Fruit/Seasonal  | Cottage Cheese            | Mini Pretzels  |                           | Fresh Fruit/Seasonal      |
| Milk, Fat Free  | Raisins                   | Fresh Fruit/Seasonal   |                           | Yogurt                    |
|   | Milk, Fat Free            | Milk, Fat Free   | 27                        | Milk, Fat Free            |
| 22  | 23                        | 24   | 25                        | 26                        |
| HOT LUNCH   | HOT LUNCH                 | HOT LUNCH  | ALL SCHOOL                | NO SCHOOL                 |
| Bow Tie Pasta Primavera   | *French Toast Sticks      | Cheeseburger on WG Bun   |                           | NO SCHOOL                 |
| Tossed Salad  |                           | Carroteenies   | PIZZA PARTY               |                           |
| Breadstick  | Syrup                     | Jell-O   | NO ESC LLINGU             |                           |
| Colorful Jell-O   | *Bacon                    | Fresh Fruit/Seasonal   | NO FSC LUNCH              |                           |
| Milk, Fat Free  | *Triangle Hash Brown      | Milk, Fat Free   |                           |                           |
|   | Fresh Fruit/Seasonal      | HOMEMADE TREAT SPECIAL   |                           |                           |
| CD45 ** CC  | Milk, Fat Free            | 6040 ** 60   |                           |                           |
| GRAB-N-GO   | GRAB-N-GO                 | GRAB-N-GO  |                           |                           |
| Choice of Cereal  | Warm Bagel & Cream Cheese | Your Choice of Greek Yogurt  |                           | BRADDUE!                  |
| Hard Boiled Egg   | Fresh Fruit/Seasonal      | Granola  |                           | GOODFAE                   |
| Fresh Fruit/Seasonal  | Cottage Cheese            | Mini Pretzels  |                           |                           |
| Milk, Fat Free  | Raisins                   | Fresh Fruit/Seasonal   |                           |                           |
|   | Milk, Fat Free            | Milk, Fat Free   |                           |                           |
| 29  | 30                        | 31   | 34/5 34/11 1              |                           |
|   | HAVE A SAFE               |  | WE WILL                   |                           |
|   | AND FUN                   | Ser Ago Tr   | MISS YOU!                 |                           |
|   | SUMMER!                   |  |                           | 001                       |
| SCHOOL  |                           | SCHOOL'S   |                           | SCHOOL                    |
| CLOSED FOR  |                           | OUT!   |                           | CLOSED FOR                |
| THE SUMMER  |                           |  |                           | THE SUMMER                |
| THE REPORT OF THE PARTY OF THE |                           |  |                           |                           |
|   | 1                         |  |                           | . 10                      |

Food Service Consultants, Inc.
"Serving You With Pride"

·FSc