

**ST. GERARD MAJELLA
HEALTHY HABITS SPECIALS-SEPTEMBER 2019**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| 2 | 3 | 4 | 5 | 6 |
| <p align="center">NO SCHOOL</p>  | <p align="center">HOT LUNCH Grilled Bacon & Cheese Buttered Noodles Tomato Soup Fresh Fruit/Seasonal Milk, Fat Free</p> <p align="center">HOMEMADE TREAT SPECIAL</p> <p align="center">GRAB-N-GO BLT Sandwich Mini Twist Pretzels Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p> <p align="center">SALAD OF THE DAY BLT Salad</p> | <p align="center">HOT LUNCH BREAKFAST FOR LUNCH French Toast Pure Maple Syrup *Bacon *Triangle Hash Brown Fresh Fruit/Seasonal Milk, Fat Free</p> <p align="center">GRAB-N-GO Choice of Cereal Hard Boiled Egg Fresh Fruit/Seasonal Milk, Fat Free</p> <p align="center">SALAD OF THE DAY Garden Salad</p> | <p align="center">HOT LUNCH Soft Taco, WG Spanish Rice & Beans Mexican Corn Cinnamon Chips Milk, Fat Free</p> <p align="center">GRAB-N-GO Hot Ham & Cheese on Bagel Cheddar Goldfish, WG Applesauce Teddy Grahams Milk, Fat Free</p> <p align="center">SALAD OF THE DAY Chef Salad</p> | <p align="center">HOT LUNCH Hand Breaded Chicken Strips Fries Lettuce & Carrot Salad Light Ranch Dressing Fresh Fruit/Seasonal Milk, Fat Free</p> <p align="center">GRAB-N-GO String Cheese & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p> <p align="center">SALAD OF THE DAY St. Louis Hill Salad</p> |
| 9 | 10 | 11 | 12 | 13 |
| <p align="center">HOT LUNCH Chicken Alfredo Green Beans Fresh Fruit/Seasonal Breadstick Milk, Fat Free</p> <p align="center">GRAB-N-GO Warm Bagel & Cream Cheese Fresh Fruit/Seasonal Cottage Cheese Raisins Milk, Fat Free</p> <p align="center">SALAD OF THE DAY Chicken Caesar</p> | <p align="center">HOT LUNCH * Pig in a Blanket Smiley Face Potatoes Green Beans Milk, Fat Free</p> <p align="center">HOMEMADE TREAT SPECIAL</p> <p align="center">GRAB-N-GO BLT Sandwich Mini Twist Pretzels Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p> <p align="center">SALAD OF THE DAY BLT Salad</p> | <p align="center">HOT LUNCH Chicken Fried Rice Sugar Snap Peas Mandarin Oranges Fortune Cookie Milk, Fat Free</p> <p align="center">GRAB-N-GO Choice of Cereal Hard Boiled Egg Fresh Fruit/Seasonal Milk, Fat Free</p> <p align="center">SALAD OF THE DAY Garden Salad</p> | <p align="center">HOT LUNCH Pizza Quesadilla Buttered Corn Fresh Fruit/Seasonal Milk, Fat Free</p> <p align="center">GRAB-N-GO Hot Ham & Cheese on Bagel Cheddar Goldfish, WG Applesauce Teddy Grahams Milk, Fat Free</p> <p align="center">SALAD OF THE DAY Chef Salad</p> | <p align="center">HOT LUNCH *Mostaccioli Tossed Salad Lite Italian Dressing Fresh Fruit/Seasonal *WG Dinner Rolls Milk, Fat Free</p> <p align="center">GRAB-N-GO String Cheese & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p> <p align="center">SALAD OF THE DAY St. Louis Hill Salad</p> |
| 16 | 17 | 18 | 19 | 20 |
| <p align="center">HOT LUNCH *Toasted Ravioli Lettuce/Carrot Salad Mandarin Oranges Milk, Fat Free</p> <p align="center">GRAB-N-GO Warm Bagel & Cream Cheese Fresh Fruit/Seasonal Cottage Cheese Raisins Milk, Fat Free</p> <p align="center">SALAD OF THE DAY Chicken Caesar</p> | <p align="center">HOT LUNCH Taco Salad, WG Homemade Shell Lite Sour Cream & Salsa Lettuce, Tomatoes & Cheese Fresh Fruit/Seasonal Milk, Fat Free</p> <p align="center">HOMEMADE TREAT SPECIAL</p> <p align="center">GRAB-N-GO BLT Sandwich Mini Twist Pretzels Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p> <p align="center">SALAD OF THE DAY BLT Salad</p> | <p align="center">HOT LUNCH NATIONAL CHEESEBURGER DAY Hand Pattied Cheeseburger on Bun French Fries Green Beans Fresh Fruit/Seasonal Milk, Fat Free</p>  <p align="center">GRAB-N-GO Choice of Cereal Hard Boiled Egg Fresh Fruit/Seasonal Milk, Fat Free</p> <p align="center">SALAD OF THE DAY Garden Salad</p> | <p align="center">NOON DISMISSAL</p> <p align="center">NO FSC LUNCH</p> | <p align="center">NO SCHOOL</p> <p align="center">FALL FESTIVAL SET UP</p>  |
| 23 | 24 | 25 | 26 | 27 |
| <p align="center">HOT LUNCH Italian Panini Deli Chips Fresh Fruit/Seasonal Milk, Fat Free</p> <p align="center">GRAB-N-GO Warm Bagel & Cream Cheese Fresh Fruit/Seasonal Cottage Cheese Raisins Milk, Fat Free</p> <p align="center">SALAD OF THE DAY Chicken Caesar</p> | <p align="center">HOT LUNCH *Breaded Chicken Drumstick Buttered Noodles Mixed Vegetables Fresh Fruit/Seasonal Milk, Fat Free</p> <p align="center">HOMEMADE TREAT SPECIAL</p> <p align="center">GRAB-N-GO BLT Sandwich Mini Twist Pretzels Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p> <p align="center">SALAD OF THE DAY BLT Salad</p> | <p align="center">HOT LUNCH BREAKFAST FOR LUNCH Homemade *Pancake with Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p> <p align="center">GRAB-N-GO Choice of Cereal Hard Boiled Egg Fresh Fruit/Seasonal Milk, Fat Free</p> <p align="center">SALAD OF THE DAY Garden Salad</p> | <p align="center">HOT LUNCH Rainbow Pasta with Alfredo Salad Tossed Salad Breadstick Fresh Fruit/Seasonal Milk, Fat Free</p> <p align="center">GRAB-N-GO Hot Ham & Cheese on Bagel Cheddar Goldfish, WG Applesauce Teddy Grahams Milk, Fat Free</p> <p align="center">SALAD OF THE DAY Chef Salad</p> | <p align="center">HOT LUNCH Hand Breaded Chicken Strips French Fries Mixed Veggies Fresh Fruit/Seasonal Milk, Fat Free</p> <p align="center">GRAB-N-GO String Cheese & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p> <p align="center">SALAD OF THE DAY St. Louis Hill Salad</p> |
| 30 | | | | |
| <p align="center">HOT LUNCH BELLACINO'S PIZZA DAY Baby Carrots Fresh Fruit/Seasonal Milk, Fat Free</p> <p align="center">NO GRAB-N-GO</p> <p align="center">SALAD OF THE DAY Chicken Caesar</p>  | | | |  |

