ST. GERARD MAJELLA HEALTHY HABITS SPECIALS-SEPTEMBER 2019

MONDAY				
	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 HOT LUNCH	4 HOT LUNCH	5 HOT LUNCH	6 HOT LUNCH
NO SCHOOL	Grilled Bacon & Cheese	BREAKFAST FOR LUNCH	Soft Taco, WG	Hand Breaded Chicken Strips
NO SCHOOL	Buttered Noodles	French Toast	Spanish Rice & Beans	Fries
	Tomato Soup	Pure Maple Syrup	Mexican Corn	Lettuce & Carrot Salad
	Fresh Fruit/Seasonal	*Bacon	Cinnamon Chips	Light Ranch Dressing
Happy	Milk, Fat Free	*Triangle Hash Brown	Milk, Fat Free	Fresh Fruit/Seasonal
2007	•	Fresh Fruit/Seasonal		Milk, Fat Free
	HOMEMADE TREAT SPECIAL	Milk, Fat Free		
Tay Day	GRAB-N-GO	GRAB-N-GO	GRAB-N-GO	GRAB-N-GO
	BLT Sandwich	Choice of Cereal	Hot Ham & Cheese on Bagel	String Cheese & Crackers
	Mini Twist Pretzels	Hard Boiled Egg	Cheddar Goldfish, WG	Veggies & Dip
	Fresh Fruit/Seasonal	Fresh Fruit/Seasonal	Applesauce	Fresh Fruit/Seasonal
	Teddy Grahams	Milk, Fat Free	Teddy Grahams	Yogurt
	Milk, Fat Free		Milk, Fat Free	Milk, Fat Free
	SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY
	BLT Salad	Garden Salad	Chef Salad	St. Louis Hill Salad
9	10	11	12	13
HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH
Chicken Alfredo Green Beans	* Pig in a Blanket	Chicken Fried Rice Sugar Snap Peas	Pizza Quesadilla Buttered Corn	*Mostaccioli Tossed Salad
Fresh Fruit/Seasonal	Smiley Face Potatoes Green Beans	Sugar Snap Peas Mandarin Oranges	Fresh Fruit/Seasonal	Lite Italian Dressing
Breadstick	Milk, Fat Free	Fortune Cookie	Milk, Fat Free	Fresh Fruit/Seasonal
Milk, Fat Free	HOMEMADE TREAT SPECIAL	Milk, Fat Free	inning i at i i ee	*WG Dinner Rolls
,	TOTAL MENT OF LEIAL	,		Milk, Fat Free
GRAB-N-GO	GRAB-N-GO	GRAB-N-GO	GRAB-N-GO	GRAB-N-GO
Warm Bagel & Cream Cheese	BLT Sandwich	Choice of Cereal	Hot Ham & Cheese on Bagel	String Cheese & Crackers
Fresh Fruit/Seasonal	Mini Twist Pretzels	Hard Boiled Egg	Cheddar Goldfish, WG	Veggies & Dip
Cottage Cheese	Fresh Fruit/Seasonal	Fresh Fruit/Seasonal	Applesauce	Fresh Fruit/Seasonal
Raisins	Teddy Grahams	Milk, Fat Free	Teddy Grahams	Yogurt
Milk, Fat Free	Milk, Fat Free		Milk, Fat Free	Milk, Fat Free
SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY
Chicken Caesar	BLT Salad	Garden Salad	Chef Salad	St. Louis Hill Salad
16	17	18	19	20
HOT LUNCH	HOT LUNCH	HOT LUNCH		
*Toasted Ravioli	Taco Salad, WG	NATIONAL CHEESEBURGER DAY		
Lettuce/Carrot Salad	Homemade Shell	Hand Pattied Cheeseburger on Bun	NOON DISMISSAL	NO SCHOOL
Mandarin Oranges	Lite Sour Cream & Salsa	French Fries		
Milk, Fat Free	Lettuce, Tomatoes & Cheese	Green Beans	NO FSC LUNCH	FALL FESTIVAL SET UP
	Fresh Fruit/Seasonal	Fresh Fruit/Seasonal		
	Milk, Fat Free HOMEMADE TREAT SPECIAL	Milk, Fat Free		
GRAB-N-GO	GRAB-N-GO	GRAB-N-GO		
Warm Bagel & Cream Cheese	BLT Sandwich	Choice of Cereal		
Fresh Fruit/Seasonal	Mini Twist Pretzels	Hard Boiled Egg		~SIL
Cottage Cheese	Fresh Fruit/Seasonal	Fresh Fruit/Seasonal		3
Raisins	Teddy Grahams	Milk, Fat Free		(6)
Milk, Fat Free	Milk, Fat Free	ŕ		
SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY		The state of the s
Chicken Caesar				
	BLT Salad	Garden Salad		
23	BLT Salad 24		26	27
23 HOT LUNCH		Garden Salad	26 HOT LUNCH	27 HOT LUNCH
	24 HOT LUNCH *Breaded Chicken Drumstick	Garden Salad 25		HOT LUNCH
HOT LUNCH Italian Panini Deli Chips	24 HOT LUNCH *Breaded Chicken Drumstick Buttered Noodles	Garden Salad 25 HOT LUNCH BREAKFAST FOR LUNCH Homemade *Pancake with Syrup	HOT LUNCH Rainbow Pasta with Alfredo Salad	HOT LUNCH Hand Breaded Chicken Strips French Fries
HOT LUNCH Italian Panini Deli Chips Fresh Fruit/Seasonal	24 HOT LUNCH *Breaded Chicken Drumstick Buttered Noodles Mixed Vegetables	Garden Salad 25 HOT LUNCH BREAKFAST FOR LUNCH Homemade *Pancake with Syrup *Sausage Patty	HOT LUNCH Rainbow Pasta with Alfredo Salad Tossed Salad	HOT LUNCH Hand Breaded Chicken Strips French Fries Mixed Veggies
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