



ST. GERARD MAJELLA
HEALTHY HABITS SPECIALS-FEBRUARY 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 HOT LUNCH Turkey & Cheese Panini Fresh Veggies with Dip Fresh Fruit/Seasonal Cheddar Goldfish Milk, Fat Free GRAB-N-GO String Cheese & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free SALAD OF THE DAY Chef Salad	2 HOT LUNCH SUPER BOWL SPECIAL Goal Post Grilled Cheese Touchdown Fries Penalty Pudding Kicker Milk GRAB-N-GO Hot Ham & Cheese on Bagel Cheddar Goldfish, WG Applesauce Teddy Grahams Milk, Fat Free SALAD OF THE DAY St. Louis Hill Salad
5 HOT LUNCH Spaghetti Homemade Meatballs Italian Salad Breadstick Fruit Milk, Fat Free GRAB-N-GO Choice of Cereal Hard Boiled Egg Fresh Fruit/Seasonal Milk, Fat Free SALAD OF THE DAY Chicken Caesar	6 HOT LUNCH Nachos and Cheese, WG Green Beans Fresh Fruit Cinnamon Chips Milk, Fat Free HOMEMADE TREAT SPECIAL GRAB-N-GO Your Choice of Greek Yogurt Granola Mini Pretzels Fresh Fruit/Seasonal Milk, Fat Free SALAD OF THE DAY BLT Salad	7 HOT LUNCH BBQ Beef on Deli Roll Deli Chips Veggies & Dip Baked Apples Milk, Fat Free GRAB-N-GO Warm Bagel & Cream Cheese Fresh Fruit/Seasonal Cottage Cheese Raisins Milk, Fat Free SALAD OF THE DAY Santa Fe Chicken Salad	8 HOT LUNCH BREAKFAST FOR LUNCH! *French Toast Pure Maple Syrup *Bacon *Triangle Hash Brown Fresh Fruit/Seasonal Milk, Fat Free GRAB-N-GO String Cheese & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free SALAD OF THE DAY Chef Salad	9 HOT LUNCH Hand breaded Chicken Strips Seasoned Noodles Steamed Snap Peas Fruit Milk, Fat Free GRAB-N-GO Hot Ham & Cheese on Bagel Cheddar Goldfish, WG Applesauce Teddy Grahams Milk, Fat Free SALAD OF THE DAY St. Louis Hill Salad
12 HOT LUNCH Chicken Alfredo Lettuce & Carrot Salad Lite Italian Dressing Fresh Fruit/Seasonal *Garlic Breadstick Milk, Fat Free GRAB-N-GO Choice of Cereal Hard Boiled Egg Fresh Fruit/Seasonal Milk, Fat Free SALAD OF THE DAY Chicken Caesar	13 HOT LUNCH Burger on Bun with or without Cheese Fries Seasoned Green Beans Fresh Fruit/Seasonal Milk, Fat Free HOMEMADE TREAT SPECIAL GRAB-N-GO Turkey & Cheese Sandwich Fresh Veggies with Dip Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free SALAD OF THE DAY BLT Salad	14 HOT LUNCH HAPPY VALENTINE'S DAY Loving Cheese Pizza Cupid's Arrows (Carrot Sticks) Quivering Red Jell-O Gotta Love Milk GRAB-N-GO Warm Bagel & Cream Cheese Fresh Fruit/Seasonal Cottage Cheese Raisins Milk, Fat Free SALAD OF THE DAY St. Louis Hill Salad	15 HOT LUNCH *Toasted Ravioli Tossed Salad Mandarin Oranges Milk, Fat Free GRAB-N-GO Hot Ham & Cheese on Bagel Cheddar Goldfish, WG Applesauce Teddy Grahams Milk, Fat Free SALAD OF THE DAY Chef Salad	16 HOT LUNCH Hand Breaded Fish Sticks Au gratin Potatoes Steamed Broccoli Strawberry Yogurt Milk, Fat Free GRAB-N-GO String Cheese & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free SALAD OF THE DAY St. Louis Hill Salad
19 NO SCHOOL 	20 HOT LUNCH Hand Breaded Chicken Strips Rice Pilaf Steamed Broccoli Fresh Fruit/Seasonal Milk, Fat Free HOMEMADE TREAT SPECIAL GRAB-N-GO Your Choice of Greek Yogurt Granola Mini Pretzels Fresh Fruit/Seasonal Milk, Fat Free SALAD OF THE DAY BLT Salad	21 HOT LUNCH Baked Macaroni & Cheese Green Beans Fresh Fruit/Seasonal Milk, Fat Free GRAB-N-GO Warm Bagel & Cream Cheese Fresh Fruit/Seasonal Cottage Cheese Raisins Milk, Fat Free SALAD OF THE DAY Santa Fe Chicken Salad	22 HOT LUNCH BREAKFAST FOR LUNCH! Pancakes w/Pure Maple Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free GRAB-N-GO Hot Ham & Cheese on Bagel Cheddar Goldfish, WG Applesauce Teddy Grahams Milk, Fat Free SALAD OF THE DAY Chef Salad	23 SPECIAL LUNCH NO FOOD SERVICE
26 HOT LUNCH Meatball Slider Buttered Noodles Green Beans Fresh Fruit/Seasonal Milk, Fat Free GRAB-N-GO Choice of Cereal Hard Boiled Egg Fresh Fruit/Seasonal Milk, Fat Free SALAD OF THE DAY Chicken Caesar	27 HOT LUNCH Macho Nachos, WG Shredded Lettuce & Tomato Fresh Fruit/Seasonal Cinnamon Chips Milk, Fat Free HOMEMADE TREAT SPECIAL GRAB-N-GO Your Choice of Greek Yogurt Granola Mini Pretzels Fresh Fruit/Seasonal Milk, Fat Free SALAD OF THE DAY BLT Salad	28 HOT LUNCH BELLACINO'S PIZZA DAY Tossed Salad Fresh Fruit/Seasonal Milk, Fat Free  NO GRAB-N-GO Warm Bagel & Cream Cheese Fresh Fruit/Seasonal Cottage Cheese Raisins Milk, Fat Free SALAD OF THE DAY Santa Fe Chicken Salad	