ST. GERARD MAJELLA HEALTHY HABITS SPECIALS-FEBRUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			HOT LUNCH	HOT LUNCH
			Turkey & Cheese Panini	SUPER BOWL SPECIAL
			Fresh Veggies with Dip Fresh Fruit/Seasonal	Goal Post Grilled Cheese
]		Cheddar Goldfish	Touchdown Fries
			Milk, Fat Free	Penalty Pudding
			· ·	Kicker Milk
	February		GRAB-N-GO	GRAB-N-GO
	redivery		String Cheese & Crackers	Hot Ham & Cheese on Bage
	J		Veggies & Dip Fresh Fruit/Seasonal	Cheddar Goldfish, WG
- Table			•	Applesauce
			Yogurt	Teddy Grahams Milk, Fat Free
			Milk, Fat Free SALAD OF THE DAY	
			Chef Salad	SALAD OF THE DAY
5	6	7		St. Louis Hill Salad
HOT LUNCH	HOT LUNCH	HOT LUNCH	8 HOT LUNCH	HOT LUNCH
Spaghetti	Nachos and Cheese, WG	BBQ Beef on Deli Roll	BREAKFAST FOR LUNCH!	Hand breaded Chicken Strip
Homemade Meatballs	Green Beans	Deli Chips	*French Toast	Seasoned Noodles
Italian Salad	Fresh Fruit	Veggies & Dip	Pure Maple Syrup	Steamed Snap Peas
Breadstick	Cinnamon Chips	Baked Apples	*Bacon	Steamed Shap Peas Fruit
Breadstick Fruit	Milk, Fat Free	Milk, Fat Free	*Triangle Hash Brown	Milk, Fat Free
Milk. Fat Free	ivilik, rat riee	ivilik, rat riee	Fresh Fruit/Seasonal	ivilik, rat free
IVIIIK, FAL FIEE	HOMEMADE TREAT SPECIAL		Milk, Fat Free	
GRAB-N-GO	GRAB-N-GO	GRAP N GO	GRAB-N-GO	GRAB-N-GO
Choice of Cereal		GRAB-N-GO Warm Bagal & Cream Choose		
	Your Choice of Greek Yogurt	Warm Bagel & Cream Cheese	String Cheese & Crackers	Hot Ham & Cheese on Bag
Hard Boiled Egg	Granola	Fresh Fruit/Seasonal	Veggies & Dip	Cheddar Goldfish, WG
Fresh Fruit/Seasonal	Mini Pretzels	Cottage Cheese	Fresh Fruit/Seasonal	Applesauce
Milk, Fat Free	Fresh Fruit/Seasonal	Raisins	Yogurt	Teddy Grahams
SALAD OF THE DAY	Milk, Fat Free	Milk, Fat Free	Milk, Fat Free	Milk, Fat Free
Chicken Caesar	SALAD OF THE DAY	SALAD OF THE DAY Santa Fe Chicken Salad	SALAD OF THE DAY Chef Salad	SALAD OF THE DAY
Chicken Caesar 12	BLT Salad 13	14	Cher Salad 15	St. Louis Hill Salad 16
HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH
Chicken Alfredo		HAPPY VALENTINE'S DAY	*Toasted Ravioli	Hand Breaded Fish Sticks
Lettuce & Carrot Salad	Burger on Bun		Tossed Salad	
	with or without Cheese Fries	Loving Cheese Pizza		Au gratin Potatoes
Lite Italian Dressing		Cupid's Arrows (Carrot Sticks)	Mandarin Oranges	Steamed Broccoli
Fresh Fruit/Seasonal	Seasoned Green Beans	Quivering Red Jell-O	Milk, Fat Free	Strawberry Yogurt
*Garlic Breadstick	Fresh Fruit/Seasonal	Gotta Love Milk		Milk, Fat Free
Milk, Fat Free	Milk, Fat Free			
CDAR N CO	HOMEMADE TREAT SPECIAL	CDAD N CO	CDAD N CO	CDAR N CO
GRAB-N-GO	GRAB-N-GO	GRAB-N-GO	GRAB-N-GO	GRAB-N-GO
Choice of Cereal	Turkey & Cheese Sandwich	Warm Bagel & Cream Cheese	Hot Ham & Cheese on Bagel	String Cheese & Crackers
Hard Boiled Egg	Fresh Veggies with Dip	Fresh Fruit/Seasonal	Cheddar Goldfish, WG	Veggies & Dip
Fresh Fruit/Seasonal	Fresh Fruit/Seasonal	Cottage Cheese Raisins	Applesauce	Fresh Fruit/Seasonal
Milk, Fat Free	Teddy Grahams Milk, Fat Free	Milk, Fat Free	Teddy Grahams Milk, Fat Free	Yogurt Milk, Fat Free
SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY
		St. Louis Hill Salad	Chef Salad	St. Louis Hill Salad
Chicken Caesar	BLT Salad 20	21	22	
19	HOT LUNCH	HOT LUNCH	HOT LUNCH	23
	Hand Breaded Chicken Strips	Baked Macaroni & Cheese	BREAKFAST FOR LUNCH!	SPECIAL LUNCH
NO SCHOOL	Rice Pilaf	Green Beans	Pancakes w/Pure Maple Syrup	SI ECIAL LONGII
110 3011002	Steamed Broccoli	Fresh Fruit/Seasonal	*Sausage Patty	NO FOOD SERVICE
	Fresh Fruit/Seasonal	Milk, Fat Free	Fresh Fruit/Seasonal	140 1 JOD JERVICE
	Milk, Fat Free	iville, i de i i ee	Yogurt	
	HOMEMADE TREAT SPECIAL		Milk, Fat Free	
\ \ \/	GRAB-N-GO	GRAB-N-GO	GRAB-N-GO	
Hanny	Your Choice of Greek Yogurt	Warm Bagel & Cream Cheese	Hot Ham & Cheese on Bagel	
President	Granola	Fresh Fruit/Seasonal	Cheddar Goldfish, WG	
day!	Mini Pretzels	Cottage Cheese	Applesauce	
	Fresh Fruit/Seasonal	Raisins	Teddy Grahams	
	Milk, Fat Free	Milk, Fat Free	Milk, Fat Free	
	SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY	
	BLT Salad	Santa Fe Chicken Salad	Chef Salad	
26	27	28	-	i
HOT LUNCH	HOT LUNCH	HOT LUNCH		
Meatball Slider	Macho Nachos, WG	BELLACINO'S PIZZA DAY		
Buttered Noodles	Shredded Lettuce & Tomato	Tossed Salad		
Green Beans	Fresh Fruit/Seasonal	Fresh Fruit/Seasonal		
Fresh Fruit/Seasonal	Cinnamon Chips	Milk, Fat Free		
Milk, Fat Free	Milk, Fat Free	Rellacino's		
, -	HOMEMADE TREAT SPECIAL	DCHIAUHU 3		
GRAB-N-GO	GRAB-N-GO	NO GRAB-N-GO	Total of	
Choice of Cereal	Your Choice of Greek Yogurt	Warm Bagel & Cream Cheese		
Hard Boiled Egg	Granola	Fresh Fruit/Seasonal		
Fresh Fruit/Seasonal	Mini Pretzels	Cottage Cheese		
Milk, Fat Free	Fresh Fruit/Seasonal	Raisins		
,	Milk, Fat Free	Milk, Fat Free		
				-
SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY		

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Food Service Consultants, Inc.
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