




**ST. GERARD MAJELLA
HEALTHY HABITS SPECIALS-JANUARY 2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
				
6	7	8	9	10
<p>HOT LUNCH *Toasted Ravioli Green Beans Fresh Fruit/Seasonal Baby Carrots Milk, Fat Free</p> <p>GRAB-N-GO Warm Bagel & Cream Cheese Fresh Fruit/Seasonal Cottage Cheese Raisins Milk, Fat Free SALAD OF THE DAY Chicken Caesar</p>	<p>HOT LUNCH *Lasagna with Meat Sauce Breadsticks Tossed Salad Lite Ranch Dressing Fresh Fruit/Seasonal Milk, Fat Free</p> <p>HOMEMADE TREAT SPECIAL</p> <p>GRAB-N-GO Hamburger on Bun Carrot Sticks with Dip Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free SALAD OF THE DAY BLT Salad</p>	<p>HOT LUNCH BREAKFAST FOR LUNCH! *Pancake with Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p> <p>GRAB-N-GO Choice of Cereal Hard Boiled Egg Fresh Fruit/Seasonal Yogurt Milk, Fat Free SALAD OF THE DAY Cranberry Chicken Salad</p>	<p>HOT LUNCH Homemade Chicken Pot Pie Tossed Salad Biscuit Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO Hot Ham & Cheese on Bagel Fresh Veggies Applesauce Teddy Grahams Milk, Fat Free SALAD OF THE DAY Chef Salad</p>	<p>HOT LUNCH Hand breaded Chicken Strips Sweet Potato Fries Mixed Veggies Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO String Cheese & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free SALAD OF THE DAY St. Louis Hill Salad</p>
13	14	15	16	17
<p>HOT LUNCH Grilled Cheese Tomato Soup Celery and Carrot Sticks & Dip Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO Warm Bagel & Cream Cheese Fresh Fruit/Seasonal Cottage Cheese Raisins Milk, Fat Free SALAD OF THE DAY Chicken Caesar</p>	<p>HOT LUNCH  Soft Taco Taco Fiesta Beans Lettuce & Tomato Fresh Fruit/Seasonal Milk, Fat Free</p> <p>HOMEMADE TREAT SPECIAL</p> <p>GRAB-N-GO Hamburger on Bun Carrot Sticks with Dip Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free SALAD OF THE DAY BLT Salad</p>	<p>HOT LUNCH Cheeseburger on WG Bun French Fries  Baby Carrots Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO Choice of Cereal Hard Boiled Egg Fresh Fruit/Seasonal Yogurt Milk, Fat Free SALAD OF THE DAY Cranberry Chicken Salad</p>	<p>HOT LUNCH Homemade Beef Stew Fresh Biscuit Tossed Salad Lite Ranch Dressing Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO Hot Ham & Cheese on Bagel Fresh Veggies Applesauce Teddy Grahams Milk, Fat Free SALAD OF THE DAY Chef Salad</p>	<p>HOT LUNCH Baked Macaroni & Cheese Green Beans Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p> <p>GRAB-N-GO String Cheese & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free SALAD OF THE DAY St. Louis Hill Salad</p>
20	21	22	23	24
<p>NO SCHOOL</p> <p></p>	<p>HOT LUNCH All Natural Hot Dog on Bun *French Fries with Ketchup Fresh Veggies Lite Ranch Dressing Fresh Fruit/Seasonal Milk, Fat Free</p> <p>HOMEMADE TREAT SPECIAL</p> <p>GRAB-N-GO Hamburger on Bun Carrot Sticks with Dip Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free SALAD OF THE DAY BLT Salad</p>	<p>HOT LUNCH Breaded Chicken Drumstick Buttered Noodles Mixed Veggies Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO  Choice of Cereal Hard Boiled Egg Fresh Fruit/Seasonal Yogurt Milk, Fat Free SALAD OF THE DAY Cranberry Chicken Salad</p>	<p>HOT LUNCH Nachos and Cheese, WG Lettuce and Tomato Fresh Fruit/Seasonal Cinnamon Crisps Milk, Fat Free</p> <p>GRAB-N-GO Hot Ham & Cheese on Bagel Fresh Veggies Applesauce Teddy Grahams Milk, Fat Free SALAD OF THE DAY Chef Salad</p>	<p>SPECIAL LUNCH</p> <p>NO FSC LUNCH</p>
27	28	29	30	31
<p>HOT LUNCH Hand breaded Chicken Strips French Fries Corn on the Cob Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO Warm Bagel & Cream Cheese Fresh Fruit/Seasonal Cottage Cheese Raisins Milk, Fat Free SALAD OF THE DAY Chicken Caesar</p>	<p>HOT LUNCH Chicken Alfredo Lettuce & Carrot Salad Lite Italian Dressing Fresh Fruit/Seasonal *Garlic Breadstick Milk, Fat Free</p> <p>HOMEMADE TREAT SPECIAL</p> <p>GRAB-N-GO BLT Sandwich Carrot Sticks with Dip Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free SALAD OF THE DAY BLT Salad</p>	<p>HOT LUNCH BREAKFAST FOR LUNCH! *French Toast Sticks Syrup *Bacon *Triangle Hash Brown Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO Choice of Cereal Hard Boiled Egg Fresh Fruit/Seasonal Yogurt Milk, Fat Free SALAD OF THE DAY Cranberry Chicken Salad</p>	<p>HOT LUNCH BELLACINO'S PIZZA Carrots Fresh Fruit/Seasonal Milk, Fat Free</p> <p></p> <p>GRAB-N-GO Not Available Today</p> <p>SALAD OF THE DAY Chef Salad</p>	<p>NO FSC LUNCH</p>

