ST. GERARD MAJELLA HEALTHY HABITS SPECIALS-JANUARY 2020

HEALIHI HABIIS SPECIALS-JANUARI 2020				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
WILL CO	11	NO SCHOOL	NO SCHOOL	NO SCHOOL
There's				
	eur Sean			
0000				
* **	7.19			
	_	_		
6	7	8	9	10
HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH
*Toasted Ravioli	*Lasagna with Meat Sauce	BREAKFAST FOR LUNCH!	Homemade Chicken Pot Pie	Hand breaded Chicken Strips
Green Beans	Breadsticks	*Pancake with Syrup	Tossed Salad	Sweet Potato Fries
Fresh Fruit/Seasonal	Tossed Salad	*Sausage Patty	Biscuit	Mixed Veggies
Baby Carrots	Lite Ranch Dressing	Fresh Fruit/Seasonal	Fresh Fruit/Seasonal	Fresh Fruit/Seasonal
Milk, Fat Free	Fresh Fruit/Seasonal	Yogurt	Milk, Fat Free	Milk, Fat Free
	Milk, Fat Free	Milk, Fat Free		
CDAD N CO	HOMEMADE TREAT SPECIAL	CDAR W CO	CD4D W CO	CD4D 44 CO
GRAB-N-GO	GRAB-N-GO	GRAB-N-GO	GRAB-N-GO	GRAB-N-GO
Warm Bagel & Cream Cheese	Hamburger on Bun	Choice of Cereal	Hot Ham & Cheese on Bagel	String Cheese & Crackers
Fresh Fruit/Seasonal	Carrot Sticks with Dip	Hard Boiled Egg	Fresh Veggies	Veggies & Dip
Cottage Cheese	Fresh Fruit/Seasonal	Fresh Fruit/Seasonal	Applesauce	Fresh Fruit/Seasonal
Raisins	Teddy Grahams	Yogurt	Teddy Grahams	Yogurt
Milk, Fat Free	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	Cranberry Chicken Salad	Chef Salad	St. Louis Hill Salad
13	14	15	16	17
HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH Homemade Beef Stew	HOT LUNCH
Grilled Cheese	Soft Taco	Cheeseburger on WG Bun		Baked Macaroni & Cheese
Tomato Soup	Taco Fiesta Beans	French Fries	Fresh Biscuit	Green Beans
Celery and Carrot Sticks & Dip	Lettuce & Tomato	Baby Carrots	Tossed Salad	Fresh Fruit/Seasonal
Fresh Fruit/Seasonal	Fresh Fruit/Seasonal	Fresh Fruit/Seasonal	Lite Ranch Dressing	Teddy Grahams
Milk, Fat Free	Milk, Fat Free	Milk, Fat Free	Fresh Fruit/Seasonal	Milk, Fat Free
CRAPA CO	HOMEMADE TREAT SPECIAL	CRAP N CO	Milk, Fat Free	CDAR N.CO
GRAB-N-GO	GRAB-N-GO	GRAB-N-GO Choice of Cereal	GRAB-N-GO	GRAB-N-GO
Warm Bagel & Cream Cheese Fresh Fruit/Seasonal	Hamburger on Bun Carrot Sticks with Dip		Hot Ham & Cheese on Bagel	String Cheese & Crackers
Cottage Cheese	Fresh Fruit/Seasonal	Hard Boiled Egg Fresh Fruit/Seasonal	Fresh Veggies Applesauce	Veggies & Dip Fresh Fruit/Seasonal
Raisins	Teddy Grahams	Yogurt	Teddy Grahams	Yogurt
Milk, Fat Free	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	Cranberry Chicken Salad	Chef Salad	St. Louis Hill Salad
20	21	22	23	24
	HOT LUNCH	HOT LUNCH	HOT LUNCH	= -
NO SCHOOL	All Natural Hot Dog on Bun	Breaded Chicken Drumstick	Nachos and Cheese, WG	
	*French Fries with Ketchup	Buttered Noodles	Lettuce and Tomato	
	Fresh Veggies	Mixed Veggies	Fresh Fruit/Seasonal	SPECIAL LUNCH
*****	Lite Ranch Dressing	Fresh Fruit/Seasonal	Cinnamon Crisps	
MLK	Fresh Fruit/Seasonal	Milk, Fat Free	Milk, Fat Free	NO FSC LUNCH
DAY	Milk, Fat Free	,	,	1
6	HOMEMADE TREAT SPECIAL			1
Jhan 🍆	GRAB-N-GO	GRAB-N-GO	GRAB-N-GO	1
I MADE W	Hamburger on Bun	Choice of Cereal	Hot Ham & Cheese on Bagel	1
~ 01.601110·	Carrot Sticks with Dip	Hard Boiled Egg	Fresh Veggies	
	Fresh Fruit/Seasonal	Fresh Fruit/Seasonal	Applesauce	1
	Teddy Grahams	Yogurt	Teddy Grahams	1
	Milk, Fat Free	Milk, Fat Free	Milk, Fat Free	1
	SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY	1
	BLT Salad	Cranberry Chicken Salad	Chef Salad	
27	28	29	30	31
HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	
Hand breaded Chicken Strips	Chicken Alfredo	BREAKFAST FOR LUNCH!	BELLACINO'S PIZZA	1
French Fries	Lettuce & Carrot Salad	*French Toast Sticks	Carrots	1
Corn on the Cob	Lite Italian Dressing	Syrup	Fresh Fruit/Seasonal	
Fresh Fruit/Seasonal	Fresh Fruit/Seasonal	*Bacon	Milk, Fat Free	1
Milk, Fat Free	*Garlic Breadstick	*Triangle Hash Brown	Dellasinste	NO FSC LUNCH
	Milk, Fat Free	Fresh Fruit/Seasonal	Bellacino's	1
	HOMEMADE TREAT SPECIAL	Milk, Fat Free		
GRAB-N-GO	GRAB-N-GO	GRAB-N-GO	GRAB-N-GO	1
Warm Bagel & Cream Cheese	BLT Sandwich	Choice of Cereal	Not Available Today	1
Fresh Fruit/Seasonal	Carrot Sticks with Dip	Hard Boiled Egg		1
Cottage Cheese	Fresh Fruit/Seasonal	Fresh Fruit/Seasonal		1
Raisins	Teddy Grahams	Yogurt		1
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	1
Chicken Caesar	BLT Salad	Cranberry Chicken Salad	Chef Salad	1
I.C.	Foo	d Service Consultants,	Inc.	
"Serving You With Pride"				
Serving for with finds				

