## ST. GERARD MAJELLA HEALTHY HABITS SPECIALS-JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SCHOOL	NO SCHOOL	3 HOT LUNCH Homemade Mini Chicken Pot Pie Lettuce & Carrot Salad Fresh Fruit/Seasonal Milk, Fat Free	4  HOT LUNCH  PASTA DAY  Spaghetti  Homemade Meatballs  Tossed Salad	5  HOT LUNCH  Hand breaded Chicken Strips Seasoned Noodles Steamed Snap Peas Fresh Fruit/Seasonal
	71,127	GRAB-N-GO	Breadstick Fresh Fruit/Seasonal Milk, Fat Free GRAB-N-GO	Milk, Fat Free
Happy New Year		Bagel & Cream Cheese Fresh Fruit/Seasonal Cottage Cheese Milk, Fat Free	String Cheese Sticks & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt	Ham & Cheese on Bagel *Cheddar Goldfish, WG Applesauce *Teddy Grahams
		SALAD OF THE DAY Santa Fe Salad	Milk, Fat Free SALAD OF THE DAY Chef Salad	Milk, Fat Free SALAD OF THE DAY St. Louis Hill Salad
8	9	10	11	12
HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH
Meatball Slider	Fettuccini Alfredo	Chicken Fried Rice	BREAKFAST FOR LUNCH!	Rainbow Tortellini
<b>Buttered Noodles</b>	Steamed Broccoli	Corn	*French Toast	w/ Alfredo Sauce
Green Beans	*Fresh Breadsticks	Fortune Cookie	Pure Maple Syrup	Tossed Salad
Fresh Fruit/Seasonal	Fresh Fruit/Seasonal	Milk, Fat Free	*Bacon	Breadstick
Milk, Fat Free	Milk, Fat Free  HOMEMADE TREAT SPECIAL		*Triangle Hash Brown Fresh Fruit/Seasonal Milk, Fat Free	Fresh Fruit/Seasonal Milk, Fat Free
GRAB-N-GO	GRAB-N-GO	GRAB-N-GO	GRAB-N-GO	GRAB-N-GO
Choice of Cereal	Turkey & Cheese Sandwich	Bagel & Cream Cheese	String Cheese Sticks & Crackers	Ham & Cheese on Bagel
Hard Boiled Egg	Fresh Veggies with Dip	Fresh Fruit/Seasonal	Veggies & Dip	*Cheddar Goldfish, WG
Fresh Fruit/Seasonal	Fresh Fruit/Seasonal	Cottage Cheese	Fresh Fruit/Seasonal	Applesauce
Milk, Fat Free	Teddy Grahams	Milk, Fat Free	Yogurt	*Teddy Grahams
SALAD OF THE DAY	Milk, Fat Free	CALAD OF THE DAY	Milk, Fat Free SALAD OF THE DAY	Milk, Fat Free
SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY Santa Fe Salad		SALAD OF THE DAY
Chicken Caesar 15	BLT Salad 16	17	Chef Salad 18	St. Louis Hill Salad 19
	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH
	Baked Macaroni & Cheese	Grilled Chicken Quesadilla	Grilled Cheese	Frozen Special
NO SCHOOL	Green Beans	Spanish Rice	Homemade Chicken Noodle Soup	Troll Meatballs
	Fresh Fruit/Seasonal	Mexicalli Corn	Tossed Salad	Sven Noodles
	Milk, Fat Free	Cinnamon Chips	Fresh Fruit/Seasonal	Olaf Carrot Noses
	HOMEMADE TREAT SPECIAL	Milk, Fat Free	Milk, Fat Free	Frost Bites (Blue/white Jell-O) Icy Cold Milk
Martin .	GRAB-N-GO Turkey & Cheese Sandwich	GRAB-N-GO Bagel & Cream Cheese	GRAB-N-GO String Cheese Sticks & Crackers	GRAB-N-GO Ham & Cheese on Bagel
Luther King	Fresh Veggies with Dip	Fresh Fruit/Seasonal	Veggies & Dip	*Cheddar Goldfish, WG
Day	Fresh Fruit/Seasonal	Cottage Cheese	Fresh Fruit/Seasonal	Applesauce
770	Teddy Grahams	Milk, Fat Free	Yogurt	*Teddy Grahams
	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	Santa Fe Salad	Chef Salad	St. Louis Hill Salad
22				20
	23	24	25	26
HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	
HOT LUNCH Homemade Pizza	HOT LUNCH *Lasagna with Meat Sauce	HOT LUNCH *Breaded Chicken Drumstick	HOT LUNCH BREAKFAST FOR LUNCH!	SPECIAL LUNCH
HOT LUNCH Homemade Pizza Bacon Cheeseburger or Cheese	HOT LUNCH  *Lasagna with Meat Sauce  *Fresh Breadsticks	HOT LUNCH *Breaded Chicken Drumstick Buttered Noodles	HOT LUNCH BREAKFAST FOR LUNCH! Pancakes w/Pure Maple Syrup	SPECIAL LUNCH
HOT LUNCH Homemade Pizza Bacon Cheeseburger or Cheese Garden Salad	HOT LUNCH  *Lasagna with Meat Sauce  *Fresh Breadsticks  Tossed Salad	HOT LUNCH *Breaded Chicken Drumstick Buttered Noodles Mixed Vegetables	HOT LUNCH BREAKFAST FOR LUNCH! Pancakes w/Pure Maple Syrup *Sausage Patty	
HOT LUNCH Homemade Pizza Bacon Cheeseburger or Cheese Garden Salad Fresh Fruit/Seasonal	HOT LUNCH  *Lasagna with Meat Sauce  *Fresh Breadsticks  Tossed Salad  Lite Ranch Dressing	HOT LUNCH  *Breaded Chicken Drumstick Buttered Noodles Mixed Vegetables Fresh Fruit/Seasonal	HOT LUNCH BREAKFAST FOR LUNCH! Pancakes w/Pure Maple Syrup *Sausage Patty Fresh Fruit/Seasonal	SPECIAL LUNCH
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HOT LUNCH Homemade Pizza Bacon Cheeseburger or Cheese Garden Salad Fresh Fruit/Seasonal Milk, Fat Free  GRAB-N-GO Choice of Cereal	*HOT LUNCH  *Lasagna with Meat Sauce  *Fresh Breadsticks  Tossed Salad  Lite Ranch Dressing  Fresh Fruit/Seasonal  Milk, Fat Free  HOMEMADE TREAT SPECIAL  GRAB-N-GO  Turkey & Cheese Sandwich	*Breaded Chicken Drumstick Buttered Noodles Mixed Vegetables Fresh Fruit/Seasonal Milk, Fat Free  GRAB-N-GO Bagel & Cream Cheese	HOT LUNCH BREAKFAST FOR LUNCH! Pancakes w/Pure Maple Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free  GRAB-N-GO String Cheese Sticks & Crackers	SPECIAL LUNCH
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HOT LUNCH Homemade Pizza Bacon Cheeseburger or Cheese Garden Salad 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	*Lasagna with Meat Sauce *Fresh Breadsticks Tossed Salad Lite Ranch Dressing 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	*Breaded Chicken Drumstick Buttered Noodles Mixed Vegetables Fresh Fruit/Seasonal Milk, Fat Free  GRAB-N-GO Bagel & Cream Cheese Fresh Fruit/Seasonal Cottage Cheese	HOT LUNCH BREAKFAST FOR LUNCH! Pancakes w/Pure Maple Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free  GRAB-N-GO String Cheese Sticks & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free SALAD OF THE DAY	SPECIAL LUNCH
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HOT LUNCH Homemade Pizza Bacon Cheeseburger or Cheese Garden Salad 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	*Lasagna with Meat Sauce  *Fresh Breadsticks  Tossed Salad Lite Ranch Dressing 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	*Breaded Chicken Drumstick Buttered Noodles Mixed Vegetables Fresh Fruit/Seasonal Milk, Fat Free  GRAB-N-GO Bagel & Cream Cheese Fresh Fruit/Seasonal Cottage Cheese Milk, Fat Free  SALAD OF THE DAY Santa Fe Salad	HOT LUNCH BREAKFAST FOR LUNCH! Pancakes w/Pure Maple Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free  GRAB-N-GO String Cheese Sticks & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free SALAD OF THE DAY	SPECIAL LUNCH
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