

ST. GERARD MAJELLA
HEALTHY HABITS SPECIALS-JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
NO SCHOOL 	NO SCHOOL	HOT LUNCH Homemade Mini Chicken Pot Pie Lettuce & Carrot Salad 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 PASTA DAY Spaghetti Homemade Meatballs Tossed Salad Breadstick Fresh Fruit/Seasonal Milk, Fat Free GRAB-N-GO String Cheese Sticks & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free SALAD OF THE DAY Chef Salad	HOT LUNCH Hand breaded Chicken Strips Seasoned Noodles Steamed Snap Peas Fresh Fruit/Seasonal Milk, Fat Free GRAB-N-GO Ham & Cheese on Bagel *Cheddar Goldfish, WG Applesauce *Teddy Grahams Milk, Fat Free SALAD OF THE DAY St. Louis Hill Salad
8	9	10	11	12
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	HOT LUNCH Fettuccini Alfredo Steamed Broccoli *Fresh Breadsticks 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	HOT LUNCH Chicken Fried Rice Corn Fortune Cookie 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! *French Toast Pure Maple Syrup *Bacon *Triangle Hash Brown Fresh Fruit/Seasonal Milk, Fat Free GRAB-N-GO String Cheese Sticks & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free SALAD OF THE DAY Chef Salad	HOT LUNCH Rainbow Tortellini w/ Alfredo Sauce Tossed Salad Breadstick Fresh Fruit/Seasonal Milk, Fat Free GRAB-N-GO Ham & Cheese on Bagel *Cheddar Goldfish, WG Applesauce *Teddy Grahams Milk, Fat Free SALAD OF THE DAY St. Louis Hill Salad
15	16	17	18	19
NO SCHOOL 	HOT LUNCH Baked Macaroni & Cheese 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	HOT LUNCH Grilled Chicken Quesadilla Spanish Rice Mexicalli Corn Cinnamon Chips 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 Grilled Cheese Homemade Chicken Noodle Soup Tossed Salad Fresh Fruit/Seasonal Milk, Fat Free GRAB-N-GO String Cheese Sticks & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free SALAD OF THE DAY Chef Salad	HOT LUNCH Frozen Special Troll Meatballs Sven Noodles Olaf Carrot Noses Frost Bites (Blue/white Jell-O) Icy Cold Milk GRAB-N-GO Ham & Cheese on Bagel *Cheddar Goldfish, WG Applesauce *Teddy Grahams Milk, Fat Free SALAD OF THE DAY St. Louis Hill Salad
22	23	24	25	26
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	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 Fresh Veggies with Dip Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free SALAD OF THE DAY BLT Salad	HOT LUNCH *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 Chef Salad	SPECIAL LUNCH NO FSC
29	30	31	CATHOLIC SCHOOLS WEEK	
HOT LUNCH Toasted Ravioli Cooked Broccoli Tossed 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	HOT LUNCH Homemade Chicken Fettuccine Green Beans Breadstick 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	HOT LUNCH Macho Nachos, WG Shredded Lettuce & Tomato Fresh Fruit/Seasonal Cinnamon Chips Milk, Fat Free GRAB-N-GO Bagel & Cream Cheese Fresh Fruit/Seasonal Cottage Cheese Milk, Fat Free SALAD OF THE DAY Santa Fe Salad		

