ST. GERARD MAJELLA HEALTHY HABITS SPECIALS-JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
			HOT LUNCH	HOT LUNCH
			*Breaded Chicken Drumstick	PASTA DAY
	NO SCHOOL	NO SCHOOL	Buttered Noodles	Spaghetti with Meat Sauce
			Broccoli	Green Beans
0			Fresh Fruit/Seasonal	*WG Dinner Roll
0 🚄 0			Milk, Fat Free	Fresh Fruit/Seasonal
	* /*/ *	1.1 /*/ */		Milk, Fat Free
	* 377111	ter ak	GRAB-N-GO	GRAB-N-GO
		*	String Cheese & Crackers	Hot Ham & Cheese on Bagel
Clarquaru		- A	Veggies & Dip	Cheddar Goldfish, WG
ychologiqua es			Fresh Fruit/Seasonal	Applesauce
			Yogurt	Teddy Grahams
			Milk, Fat Free	Milk, Fat Free
			SALAD OF THE DAY	SALAD OF THE DAY
			Chef Salad	St. Louis Hill Salad
7	8	9	10	11
HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH
	Baked Macaroni & Cheese	BREAKFAST FOR LUNCH!	Homemade Chicken Pot Pie	Homemade Chicken Strips
All Natural Hot Dog on Bun				•
*French Fries with Ketchup	Green Beans	*French Toast Sticks	Garden Salad	Seasoned Noodles
Fresh Veggies	Fresh Fruit/Seasonal	Pure Maple Syrup	Fresh Fruit/Seasonal	Steamed Snap Peas
Lite Ranch Dressing	Milk, Fat Free	*Bacon	Milk, Fat Free	Fresh Fruit/Seasonal
Fresh Fruit/Seasonal		*Triangle Hash Brown		Milk, Fat Free
Milk, Fat Free		Fresh Fruit/Seasonal		
	HOMEMADE TREAT SPECIAL	Milk, Fat Free		
GRAB-N-GO	GRAB-N-GO	GRAB-N-GO	GRAB-N-GO	GRAB-N-GO
Choice of Cereal	Warm Bagel & Cream Cheese	Your Choice of Greek Yogurt	String Cheese & Crackers	Hot Ham & Cheese on Bagel
Hard Boiled Egg	Fresh Fruit/Seasonal	Granola	Veggies & Dip	Cheddar Goldfish, WG
Fresh Fruit/Seasonal	Cottage Cheese	Mini Pretzels	Fresh Fruit/Seasonal	Applesauce
Milk, Fat Free	Raisins	Fresh Fruit/Seasonal	Yogurt	Teddy Grahams
, , , , , , , , , , , , , , , , , , , ,	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	Santa Fe Chicken	Chef Salad	St. Louis Hill Salad
14	15	16	17	18
HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH
Hand Pattied Cheeseburger	Macho Nachos, WG	Grilled Bacon & Cheese	Meatball Slider	*Lasagna with Meat Sauce
on Bun	•	Buttered Noodles	Deli Chips	*Lasagna with Meat Sauce *Fresh Breadsticks
	Shredded Lettuce & Tomato		•	
French Fries	Fresh Fruit/Seasonal	Lattice Chips	Green Beans	Broccoli
Carroteenies	Cinnamon Chips	Fresh Fruit/Seasonal	Fresh Fruit/Seasonal	Fresh Fruit/Seasonal
Fresh Fruit/Seasonal	Milk, Fat Free	Milk, Fat Free	Milk, Fat Free	Milk, Fat Free
Milk, Fat Free				
	HOMEMADE TREAT SPECIAL			
GRAB-N-GO	GRAB-N-GO	GRAB-N-GO	GRAB-N-GO	GRAB-N-GO
Choice of Cereal	Warm Bagel & Cream Cheese	Your Choice of Greek Yogurt	String Cheese & Crackers	Hot Ham & Cheese on Bagel
Hard Boiled Egg	Fresh Fruit/Seasonal	Granola	Veggies & Dip	Cheddar Goldfish, WG
Fresh Fruit/Seasonal	Cottage Cheese	Mini Pretzels	Fresh Fruit/Seasonal	Applesauce
Milk, Fat Free	Raisins	Fresh Fruit/Seasonal	Yogurt	Teddy Grahams
	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	Santa Fe Chicken	Chef Salad	St. Louis Hill Salad
21	22	23	24	25
	HOT LUNCH	HOT LUNCH	HOT LUNCH	
	Chicken Breast	BREAKFAST FOR LUNCH!	Mostaciolli	SPECIAL LUNCH
NO SCHOOL	Mashed Potatoes	Pancake with Pure Maple Syrup	Broccoli	
	Green Beans	*Sausage Patty	Fresh Fruit/Seasonal	NO FSC LUNCH
	Fresh Fruit/Seasonal	Fresh Fruit/Seasonal	Garlic Breadstick	
patents.	Milk, Fat Free	Yogurt	Milk, Fat Free	
MARTIN (Milk, Fat Free	Willk, Fat Free	
MARTIN LUTHER KING JR.	HOMEMADE TREAT SPECIAL	*	GRAP N. CO	
	GRAB-N-GO	GRAB-N-GO	GRAB-N-GO	
Day	Warm Bagel & Cream Cheese	Your Choice of Greek Yogurt	String Cheese & Crackers	
- William	Fresh Fruit/Seasonal	Granola	Veggies & Dip	
1000	Cottage Cheese	Mini Pretzels	Fresh Fruit/Seasonal	
	Raisins	Fresh Fruit/Seasonal	Yogurt	
	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	Chef Salad	
28	29	30	31	l
CATHOLIC SCHOOLS WEEK				
HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	
Hand Breaded Fish Sticks	NATIONAL CORN CHIP DAY	Chicken Alfredo	BELLACINO'S PIZZA DAY	
AuGratin Potatoes	Nachos & Cheese	Green Beans	Garlic Bread	
Steamed Broccoli	Mexican Corn	Fresh Fruit/Seasonal	Fresh Fruit/Seasonal	
Fresh Fruit/Seasonal	Fresh Fruit/Seasonal	Breadstick	Milk, Fat Free	
Milk, Fat Free	Cinnamon Chips	Milk, Fat Free		£ 3
willin, Fat Fiee	Milk, Fat Free	ivility rat FIEE		
65151165	HOMEMADE TREAT SPECIAL		NO 0010 W 00	
GRAB-N-GO	GRAB-N-GO	GRAB-N-GO	NO GRAB-N-GO	
Choice of Cereal	Warm Bagel & Cream Cheese	Your Choice of Greek Yogurt		
Hard Boiled Egg	Fresh Fruit/Seasonal	Granola	(Dalla simula)	
Fresh Fruit/Seasonal	Cottage Cheese	Mini Pretzels	Bellacino's	
Milk, Fat Free	Raisins	Fresh Fruit/Seasonal		
	Milk, Fat Free	Milk, Fat Free		
SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY	
Chicken Caesar	BLT Salad	Santa Fe Chicken	Chef Salad	<u> </u>
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