

**ST. GERARD MAJELLA
HEALTHY HABITS SPECIALS-JANUARY 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	NO SCHOOL 	NO SCHOOL	HOT LUNCH *Breaded Chicken Drumstick Buttered Noodles Broccoli Fresh Fruit/Seasonal Milk, Fat Free GRAB-N-GO String Cheese & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free SALAD OF THE DAY Chef Salad	HOT LUNCH PASTA DAY Spaghetti with Meat Sauce Green Beans *WG Dinner Roll Fresh Fruit/Seasonal Milk, Fat Free GRAB-N-GO Hot Ham & Cheese on Bagel Cheddar Goldfish, WG Applesauce Teddy Grahams Milk, Fat Free SALAD OF THE DAY St. Louis Hill Salad 
7	8	9	10	11
HOT LUNCH All Natural Hot Dog on Bun *French Fries with Ketchup Fresh Veggies Lite Ranch Dressing 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 Baked Macaroni & Cheese Green Beans Fresh Fruit/Seasonal Milk, Fat Free HOMEMADE TREAT SPECIAL GRAB-N-GO Warm Bagel & Cream Cheese Fresh Fruit/Seasonal Cottage Cheese Raisins Milk, Fat Free SALAD OF THE DAY BLT Salad	HOT LUNCH BREAKFAST FOR LUNCH! *French Toast Sticks Pure Maple Syrup *Bacon *Triangle Hash Brown Fresh Fruit/Seasonal Milk, Fat Free GRAB-N-GO Your Choice of Greek Yogurt Granola Mini Pretzels Fresh Fruit/Seasonal Milk, Fat Free SALAD OF THE DAY Santa Fe Chicken	HOT LUNCH Homemade Chicken Pot Pie Garden Salad Fresh Fruit/Seasonal Milk, Fat Free GRAB-N-GO String Cheese & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free SALAD OF THE DAY Chef Salad	HOT LUNCH Homemade Chicken Strips Seasoned Noodles Steamed Snap Peas Fresh Fruit/Seasonal Milk, Fat Free GRAB-N-GO Hot Ham & Cheese on Bagel Cheddar Goldfish, WG Applesauce Teddy Grahams Milk, Fat Free SALAD OF THE DAY St. Louis Hill Salad
14	15	16	17	18
HOT LUNCH Hand Pattied Cheeseburger on Bun French Fries Carroteenies 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 Macho Nachos, WG Shredded Lettuce & Tomato Fresh Fruit/Seasonal Cinnamon Chips Milk, Fat Free HOMEMADE TREAT SPECIAL GRAB-N-GO Warm Bagel & Cream Cheese Fresh Fruit/Seasonal Cottage Cheese Raisins Milk, Fat Free SALAD OF THE DAY BLT Salad	HOT LUNCH Grilled Bacon & Cheese Buttered Noodles Lattice Chips Fresh Fruit/Seasonal Milk, Fat Free GRAB-N-GO Your Choice of Greek Yogurt Granola Mini Pretzels Fresh Fruit/Seasonal Milk, Fat Free SALAD OF THE DAY Santa Fe Chicken	HOT LUNCH Meatball Slider Deli Chips Green Beans Fresh Fruit/Seasonal Milk, Fat Free GRAB-N-GO String Cheese & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free SALAD OF THE DAY Chef Salad	HOT LUNCH *Lasagna with Meat Sauce *Fresh Breadsticks Broccoli Fresh Fruit/Seasonal Milk, Fat Free GRAB-N-GO Hot Ham & Cheese on Bagel Cheddar Goldfish, WG Applesauce Teddy Grahams Milk, Fat Free SALAD OF THE DAY St. Louis Hill Salad
21	22	23	24	25
NO SCHOOL 	HOT LUNCH Chicken Breast Mashed Potatoes Green Beans Fresh Fruit/Seasonal Milk, Fat Free HOMEMADE TREAT SPECIAL GRAB-N-GO Warm Bagel & Cream Cheese Fresh Fruit/Seasonal Cottage Cheese Raisins Milk, Fat Free SALAD OF THE DAY BLT Salad	HOT LUNCH BREAKFAST FOR LUNCH! Pancake with Pure Maple Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free GRAB-N-GO Your Choice of Greek Yogurt Granola Mini Pretzels Fresh Fruit/Seasonal Milk, Fat Free SALAD OF THE DAY Santa Fe Chicken	HOT LUNCH Mostaccioli Broccoli Fresh Fruit/Seasonal Garlic Breadstick Milk, Fat Free GRAB-N-GO String Cheese & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free SALAD OF THE DAY Chef Salad	SPECIAL LUNCH NO FSC LUNCH
28	29	30	31	

CATHOLIC SCHOOLS WEEK

HOT LUNCH Hand Breaded Fish Sticks AuGratin Potatoes Steamed Broccoli 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 NATIONAL CORN CHIP DAY Nachos & Cheese Mexican Corn Fresh Fruit/Seasonal Cinnamon Chips Milk, Fat Free HOMEMADE TREAT SPECIAL GRAB-N-GO Warm Bagel & Cream Cheese Fresh Fruit/Seasonal Cottage Cheese Raisins Milk, Fat Free SALAD OF THE DAY BLT Salad 	HOT LUNCH Chicken Alfredo Green Beans Fresh Fruit/Seasonal Breadstick Milk, Fat Free GRAB-N-GO Your Choice of Greek Yogurt Granola Mini Pretzels Fresh Fruit/Seasonal Milk, Fat Free SALAD OF THE DAY Santa Fe Chicken	HOT LUNCH BELLACINO'S PIZZA DAY Garlic Bread Fresh Fruit/Seasonal Milk, Fat Free NO GRAB-N-GO  SALAD OF THE DAY Chef Salad	
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