

ST. GERARD MAJELLA
HEALTHY HABITS SPECIALS-OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<p>HOT LUNCH Baked Chicken Drumstick Buttered Noodles Mixed Vegetables Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO Choice of Cereal Hard Boiled Egg Fresh Fruit/Seasonal Milk, Fat Free</p> <p>SALAD OF THE DAY Chicken Caesar</p>	<p>HOT LUNCH Baked Macaroni & Cheese Sugar Snap Peas Fresh Fruit/Seasonal Milk, Fat Free</p> <p>HOMEMADE TREAT SPECIAL</p> <p>GRAB-N-GO Warm Bagel & Cream Cheese Fresh Fruit/Seasonal Cottage Cheese Raisins Milk, Fat Free</p> <p>SALAD OF THE DAY BLT Salad</p>	<p>HOT LUNCH BREAKFAST FOR LUNCH French Toast Pure Maple Syrup Bacon Triangle Hash Brown Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO Your Choice of Greek Yogurt Granola Mini Pretzels Fresh Fruit/Seasonal Milk, Fat Free</p> <p>SALAD OF THE DAY Santa Fe Chicken Salad</p>	<p>HOT LUNCH Hand Breaded Fish Sticks Au gratin Potatoes Steamed Broccoli Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO String Cheese & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p> <p>SALAD OF THE DAY Chef Salad</p>	<p>EARLY DISMISSAL</p> <p>NO FSC LUNCH</p>
8	9	10	11	12
<p>HOT LUNCH Toasted Ravioli Tossed Salad Mandarin Oranges Milk, Fat Free</p> <p>GRAB-N-GO Choice of Cereal Hard Boiled Egg Fresh Fruit/Seasonal Milk, Fat Free</p> <p>SALAD OF THE DAY Chicken Caesar</p>	<p>HOT LUNCH Chicken Fried Rice Snap Peas Fortune Cookie Milk, Fat Free</p> <p>HOMEMADE TREAT SPECIAL</p> <p>GRAB-N-GO Warm Bagel & Cream Cheese Fresh Fruit/Seasonal Cottage Cheese Raisins Milk, Fat Free</p> <p>SALAD OF THE DAY BLT Salad</p>	<p>HOT LUNCH Soft Taco Spanish Rice Lettuce & Tomato Salad Cinnamon Chips Milk, Fat Free</p> <p>GRAB-N-GO Your Choice of Greek Yogurt Granola Mini Pretzels Fresh Fruit/Seasonal Milk, Fat Free</p> <p>SALAD OF THE DAY Santa Fe Chicken Salad</p>	<p>HOT LUNCH Chicken Panini Deli Chips Carrots Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO String Cheese & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p> <p>SALAD OF THE DAY Chef Salad</p>	<p>HOT LUNCH Hand Breaded Chicken Strips Seasoned Noodles Steamed Green Beans Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO Hot Ham & Cheese on Bagel Cheddar Goldfish, WG Applesauce Teddy Grahams Milk, Fat Free</p> <p>SALAD OF THE DAY St. Louis Hill Salad</p>
15	16	17	18	19
<p>HOT LUNCH Pizza Quesadilla Spanish Corn Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO Choice of Cereal Hard Boiled Egg Fresh Fruit/Seasonal Milk, Fat Free</p> <p>SALAD OF THE DAY Chicken Caesar</p>	<p>HOT LUNCH Fettuccini Alfredo Steamed Broccoli Fresh Breadsticks Fresh Fruit/Seasonal Milk, Fat Free</p> <p>HOMEMADE TREAT SPECIAL</p> <p>GRAB-N-GO Warm Bagel & Cream Cheese Fresh Fruit/Seasonal Cottage Cheese Raisins Milk, Fat Free</p> <p>SALAD OF THE DAY BLT Salad</p>	<p>HOT LUNCH BREAKFAST FOR LUNCH Pancakes with Pure Maple Syrup Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p> <p>GRAB-N-GO Your Choice of Greek Yogurt Granola Mini Pretzels Fresh Fruit/Seasonal Milk, Fat Free</p> <p>SALAD OF THE DAY Santa Fe Chicken Salad</p>	<p>HOT LUNCH Spaghetti O's and Meatballs Garlic Bread Italian Salad Orange Slices Milk, Fat Free</p> <p>GRAB-N-GO String Cheese & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p> <p>SALAD OF THE DAY Chef Salad</p>	<p>SPECIAL LUNCH</p> <p>NO FSC LUNCH</p>
22	23	24	25	26
<p>HOT LUNCH Hand Breaded Chicken Strips Seasoned Noodles Steamed Snap Peas Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO Choice of Cereal Hard Boiled Egg Fresh Fruit/Seasonal Milk, Fat Free</p> <p>SALAD OF THE DAY Chicken Caesar</p>	<p>HOT LUNCH Lasagna with Meat Sauce Fresh Breadsticks Tossed Salad Light Ranch Dressing Fresh Fruit/Seasonal Milk, Fat Free</p> <p>HOMEMADE TREAT SPECIAL</p> <p>GRAB-N-GO Warm Bagel & Cream Cheese Fresh Fruit/Seasonal Cottage Cheese Raisins Milk, Fat Free</p> <p>SALAD OF THE DAY BLT Salad</p>	<p>HOT LUNCH Macho Nachos, WG Shredded Lettuce & Tomato Fresh Fruit/Seasonal Cinnamon Chips Milk, Fat Free</p> <p>GRAB-N-GO Your Choice of Greek Yogurt Granola Mini Pretzels Fresh Fruit/Seasonal Milk, Fat Free</p> <p>SALAD OF THE DAY Santa Fe Chicken Salad</p>	<p>NO SCHOOL</p>	<p>NO SCHOOL</p>
29	30	31		
<p>HOT LUNCH Grilled Cheeseburger French Fries Carrots Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO Choice of Cereal Hard Boiled Egg Fresh Fruit/Seasonal Milk, Fat Free</p> <p>SALAD OF THE DAY Chicken Caesar</p>	<p>HOT LUNCH CANDY CORN DAY Hot Dog with or without Chili Buttered Egg Noodles Green Beans Fresh Fruit/Seasonal Milk, Fat Free</p> <p>HOMEMADE TREAT SPECIAL</p> <p>GRAB-N-GO Warm Bagel & Cream Cheese Fresh Fruit/Seasonal Cottage Cheese Raisins Milk, Fat Free</p> <p>SALAD OF THE DAY BLT Salad</p> 	<p>HOT LUNCH Kevin's Homemade Pizza Bacon Cheeseburger or Cheese Garden Salad Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO Your Choice of Greek Yogurt Granola Mini Pretzels Fresh Fruit/Seasonal Milk, Fat Free</p> <p>SALAD OF THE DAY Santa Fe Chicken Salad</p> 		

