


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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<p>HOT LUNCH Homemade Taco Cup Shredded Lettuce & Tomato Fresh Fruit/Seasonal Cinnamon Chips Milk, Fat Free</p> <p>HOMEMADE TREAT SPECIAL</p> <p>GRAB-N-GO Hamburger on WG Bun Tiny Twist Pretzel Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p> <p>SALAD OF THE DAY Taco Salad</p>	<p>HOT LUNCH ST. LOUIS BLUES OPENER Hockey Sticks (French Toast) Hockey Puck (Sausage) Goalie Fruit Goal Net Hash Brown Penalty Milk</p> <p>GRAB-N-GO Choice of Cereal Hard Boiled Egg Yogurt Fresh Fruit/Seasonal Milk, Fat Free</p> <p>SALAD OF THE DAY Southwest Salad</p>	<p>HOT LUNCH *Mostaccioli Tossed Salad Lite Italian Dressing Fresh Fruit/Seasonal Breadstick Milk, Fat Free</p> <p>GRAB-N-GO Ham & Cheese on Bagel *Cheddar Goldfish, WG Fresh Fruit/Seasonal *Teddy Grahams Milk, Fat Free</p> <p>SALAD OF THE DAY Chef Salad</p>	<p>HOT LUNCH Hand Breaded Chicken Strips Smiley Face Potatoes Baby Carrots Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO String Cheese Sticks & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p> <p>SALAD OF THE DAY St. Louis Hill Salad</p>
7	8	9	10	11
<p>HOT LUNCH WORLD SERIES SPECIAL Home Run Hamburger Baseball Bats (Fries) Grass Field Green Beans Grounder Grapes Pitcher's Mound Milk</p> <p>GRAB-N-GO Bagel & Cream Cheese Fresh Fruit/Seasonal Yogurt Raisins Milk, Fat Free</p> <p>SALAD OF THE DAY Chicken Caesar</p>	<p>HOT LUNCH Chicken Alfredo Salad Fresh Fruit/Seasonal Breadstick Milk, Fat Free</p> <p>HOMEMADE TREAT SPECIAL</p> <p>GRAB-N-GO Hamburger on WG Bun Tiny Twist Pretzel Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p> <p>SALAD OF THE DAY Taco Salad</p>	<p>HOT LUNCH Hot Dog Bowl of Chili *Cheddar Goldfish, WG Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO Choice of Cereal Hard Boiled Egg Yogurt Fresh Fruit/Seasonal Milk, Fat Free</p> <p>SALAD OF THE DAY Southwest Salad</p>	<p>HOT LUNCH Pasta Rings with Meat Sauce *Fresh Breadsticks Salad Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO Ham & Cheese on Bagel *Cheddar Goldfish, WG Fresh Fruit/Seasonal *Teddy Grahams Milk, Fat Free</p> <p>SALAD OF THE DAY Chef Salad</p>	<p>HOT LUNCH Baked Macaroni & Cheese Green Beans Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO String Cheese Sticks & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p> <p>SALAD OF THE DAY St. Louis Hill Salad</p>
14	15	16	17	18
<p>HOT LUNCH Toasted Ravioli Yogurt Carrots Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO Bagel & Cream Cheese Fresh Fruit/Seasonal Yogurt Raisins Milk, Fat Free</p> <p>SALAD OF THE DAY Chicken Caesar</p>	<p>HOT LUNCH Cheesy Chicken Pasta Garlic Breadstick Fresh Fruit/Seasonal Steamed Veggies Milk, Fat Free</p> <p>HOMEMADE TREAT SPECIAL</p> <p>GRAB-N-GO Hamburger on WG Bun Tiny Twist Pretzel Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p> <p>SALAD OF THE DAY Taco Salad</p>	<p>HOT LUNCH BREAKFAST FOR LUNCH! *Pancake with Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p> <p>GRAB-N-GO Choice of Cereal Hard Boiled Egg Yogurt Fresh Fruit/Seasonal Milk, Fat Free</p> <p>SALAD OF THE DAY Southwest Salad</p>	NO SCHOOL	NO SCHOOL
21	22	23	24	25
<p>HOT LUNCH Macho Nachos, WG Shredded Lettuce & Tomato Fresh Fruit/Seasonal Cinnamon Chips Milk, Fat Free</p> <p>GRAB-N-GO Bagel & Cream Cheese Fresh Fruit/Seasonal Yogurt Raisins Milk, Fat Free</p> <p>SALAD OF THE DAY Chicken Caesar</p>	<p>HOT LUNCH *Lasagna with Meat Sauce *Fresh Breadsticks Tossed Salad Lite Ranch Dressing Fresh Fruit/Seasonal Milk, Fat Free</p> <p>HOMEMADE TREAT SPECIAL</p> <p>GRAB-N-GO Hamburger on WG Bun Tiny Twist Pretzel Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p> <p>SALAD OF THE DAY Taco Salad</p>	<p>HOT LUNCH Joe's Pizza Baby Carrots Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO Choice of Cereal Hard Boiled Egg Yogurt Fresh Fruit/Seasonal Milk, Fat Free</p> <p>SALAD OF THE DAY Southwest Salad</p>	<p>HOT LUNCH Handbreaded Chicken Strips Snap Peas Sweet Potato Fries Grapes & Cheese Cubes Milk, Fat Free</p> <p>GRAB-N-GO Ham & Cheese on Bagel *Cheddar Goldfish, WG Fresh Fruit/Seasonal *Teddy Grahams Milk, Fat Free</p> <p>SALAD OF THE DAY Chef Salad</p>	<p align="center">SPECIAL LUNCH</p> <p align="center">NO FSC LUNCH</p>
28	29	30	31	
<p>HOT LUNCH Hand Breaded Fish Sticks AuGratin Potatoes Snap Peas Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO Bagel & Cream Cheese Fresh Fruit/Seasonal Yogurt Raisins Milk, Fat Free</p> <p>SALAD OF THE DAY Chicken Caesar</p>	<p>HOT LUNCH Grilled Cheese Tomato Soup Celery and Carrot Sticks & Dip Fresh Fruit/Seasonal Milk, Fat Free</p> <p>HOMEMADE TREAT SPECIAL</p> <p>GRAB-N-GO Hamburger on WG Bun Tiny Twist Pretzel Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p> <p>SALAD OF THE DAY Taco Salad</p>	<p>HOT LUNCH Meatball Sub Chips Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO Choice of Cereal Hard Boiled Egg Yogurt Fresh Fruit/Seasonal Milk, Fat Free</p> <p>SALAD OF THE DAY Southwest Salad</p>	<p>HOT LUNCH HALLOWEEN SPECIAL Skeleton Bones (Chicken Legs) Spider Legs (Fries) Bat's Teeth (Corn) Witches Surprise Monster Mash Milk</p> <p>GRAB-N-GO Ham & Cheese on Bagel *Cheddar Goldfish, WG Fresh Fruit/Seasonal *Teddy Grahams Milk, Fat Free</p> <p>SALAD OF THE DAY Chef Salad</p>	