

ST. GERARD MAJELLA
HEALTHY HABITS SPECIALS-OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<p>HOT LUNCH Nachos and Cheese, WG Green Beans Fresh Fruit Cinnamon Chips 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 Meatball Slider Deli Chips Seasoned Green Beans Fresh Fruit/Seasonal Milk, Fat Free</p> <p>HOMEMADE TREAT SPECIAL 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 ST. LOUIS BLUES OPENER Hockey Puck Hamburger on Zamboni Bun with Crosscheck Cheese Hockey Sticks (Fries) Center Ice Carrots Let's Go Blues Jell-O Ice Cold Milk</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 Key West Salad</p>	<p>HOT LUNCH Homemade Mini Chicken Pot Pie Lettuce & Carrot Salad 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 *Lasagna with Meat Sauce *Fresh Breadsticks Tossed Salad Lite Ranch Dressing 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>
9	10	11	12	13
<p>HOT LUNCH COLUMBUS DAY SPECIAL Discovery Toasted Ravioli Nina Bowtie Pasta W/ Spaghetti Sauce Pinta Cooked Broccoli New World Fruit Santa Maria Milk</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 Taco Salad, WG Homemade Shell Lite Sour Cream & Salsa lettuce, Tomatoes & Cheese Fresh Fruit/Seasonal Milk, Fat Free</p> <p>HOMEMADE TREAT SPECIAL 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 Baked Macaroni & Cheese Green Beans 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 Key West Salad</p>	<p>HOT LUNCH MOTHER GOOSE SPECIAL Pat a' Cake Pancakes Simple Simon Syrup Little Boy Blue Bacon Hickory Dickory Dock Tator Tots Baa Baa Black Sheep Banana Humpty Dumpty Milk</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 *Mostaccioli Tossed Salad Lite Italian Dressing Peaches Garlic Bread 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>
16	17	18	19	20
<p>HOT LUNCH Chicken Alfredo Lettuce & Carrot Salad Lite Italian Dressing Fresh Fruit/Seasonal *Garlic Breadstick 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 Golden Grilled Cheese, WG Tomato Soup Fresh Vegetables w/dip Applesauce Milk, Fat Free</p> <p>HOMEMADE TREAT SPECIAL 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 Hand Breaded Fish Sticks Augratin Potatoes Steamed Broccoli Strawberry 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 Key West Salad</p>	<p>HOT LUNCH Chicken Stir Fry Steamed Rice Corn Fortune Cookie 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 NO FSC</p>
23	24	25	26	27
<p>HOT LUNCH Grilled Bacon & Cheese Buttered Noodles Deli Chips 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 Handbreaded Chicken Strips Seasoned Noodles Steamed Snap Peas Fruit Kabob Milk, Fat Free</p> <p>HOMEMADE TREAT SPECIAL 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 Sticks Pure Maple Syrup *Bacon *Triangle Hash Brown 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>NO SCHOOL</p>	<p>NO SCHOOL</p>
30	31			
<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 Choice of Cereal Hard Boiled Egg Fresh Fruit/Seasonal Milk, Fat Free</p> <p>SALAD OF THE DAY Chicken Caesar</p>	<p>HOT LUNCH BELLACINO'S PIZZA DAY</p> <p>HOMEMADE TREAT SPECIAL NO GRAB-N-GO</p>			

