ST. GERARD MAJELLA HEALTHY HABITS SPECIALS-OCTOBER 2017				
	_		TODER 2017	
MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
HOT LUNCH	HOT LUNCH	нот LUNCH	HOT LUNCH	HOT LUNCH
Nachos and Cheese, WG	Meatball Slider	ST. LOUIS BLUES OPENER	Homemade Mini Chicken Pot Pie	*Lasagna with Meat Sauc
Green Beans	Deli Chips	Hockey Puck Hamburger	Lettuce & Carrot Salad	*Fresh Breadsticks
Fresh Fruit	Seasoned Green Beans	on Zamboni Bun 🛛 🔗	Fresh Fruit/Seasonal	Tossed Salad
Cinnamon Chips	Fresh Fruit/Seasonal	with Crosscheck Cheese 🚺	Milk, Fat Free	Lite Ranch Dressing
Milk, Fat Free	Milk, Fat Free	Hockey Sticks (Fries) 🛛 📉		Fresh Fruit/Seasonal
		Center Ice Carrots		Milk, Fat Free
		Let's Go Blues Jell-O		
	HOMEMADE TREAT SPECIAL	Ice Cold Milk		
GRAB-N-GO Choice of Cereal	GRAB-N-GO Warm Bagel & Cream Cheese	GRAB-N-GO Your Choice of Greek Yogurt	GRAB-N-GO String Cheese & Crackers	GRAB-N-GO Hot Ham & Cheese on Bag
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	Key West Salad	Chef Salad	St. Louis Hill Salad
9	10	11	12	13
	HOT LUNCH	HOT LUNCH	HOT LUNCH	er Googe HOT LUNCH
COLUMBUS DAY SPECIAL	Taco Salad, WG Homemade Shell	Baked Macaroni & Cheese Green Beans	MOTHER GOOSE SPECIAL Pat a' Cake Pancakes	*Mostaciolli Tossed Salad
Discovery Toasted Ravioli Nina Bowtie Pasta	Lite Sour Cream & Salsa	Green Beans Fresh Fruit/Seasonal	Simple Simon Syrup	Lite Italian Dressing
W/ Spaghetti Sauce	ettuce, Tomatoes & Cheese	Milk, Fat Free	Little Boy Blue Bacon	Peaches
Pinta Cooked Broccoli	Fresh Fruit/Seasonal	the second se	Hickory Dickory Dock Tator Tots	Garlic Bread
New World Fruit			Baa Baa Black Sheep Banana	Milk, Fat Free
Santa Maria Milk	HOMEMADE TREAT SPECIAL		Humpty Dumpty Milk	
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 Bage
Hard Boiled Egg Fresh Fruit/Seasonal	Fresh Fruit/Seasonal Cottage Cheese	Granola Mini Pretzels	Veggies & Dip Fresh Fruit/Seasonal	Cheddar Goldfish, WG Applesauce
Milk, Fat Free	Raisins	Fresh Fruit/Seasonal	Yogurt	Teddy Grahams
Wilk, Fat Flee	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	Key West Salad	Chef Salad	St. Louis Hill Salad
16	17	18	19	20
HOT LUNCH Chicken Alfredo	HOT LUNCH Golden Grilled Cheese, WG	HOT LUNCH	HOT LUNCH	
Lettuce & Carrot Salad	Tomato Soup	Hand Breaded Fish Sticks Augratin Potatoes	Chicken Stir Fry Steamed Rice	SPECIAL LUNCH
Lite Italian Dressing	Fresh Vegetables w/dip	Steamed Broccoli	Corn	NO FSC
Fresh Fruit/Seasonal	Applesauce	Strawberry Yogurt	Fortune Cookie	Norse
*Garlic Breadstick	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	
Choice of Cereal	Warm Bagel & Cream Cheese	Your Choice of Greek Yogurt	String Cheese & Crackers	
Hard Boiled Egg Fresh Fruit/Seasonal	Fresh Fruit/Seasonal Cottage Cheese	Granola Mini Pretzels	Veggies & Dip Fresh Fruit/Seasonal	
Milk, Fat Free	Raisins	Fresh Fruit/Seasonal	Yogurt	
wilk, rat fiee	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	
Chicken Caesar	BLT Salad	Key West Salad	Chef Salad	
23	24	25	26	27
HOT LUNCH	HOT LUNCH	HOT LUNCH		
Grilled Bacon & Cheese Buttered Noodles	Handbreaded Chicken Strips Seasoned Noodles	BREAKFAST FOR LUNCH! *French Toast Sticks	NO SCHOOL	NO SCHOOL
Deli Chips	Steamed Snap Peas	Pure Maple Syrup	NU SCHUUL	NO SCHOOL
Fresh Fruit/Seasonal	Fruit Kabob	*Bacon		
Milk, Fat Free	Milk, Fat Free	*Triangle Hash Brown		
	,	Fresh Fruit/Seasonal		
	HOMEMADE TREAT SPECIAL	Milk, Fat Free		
GRAB-N-GO	GRAB-N-GO	GRAB-N-GO		
Choice of Cereal	Warm Bagel & Cream Cheese	String Cheese & Crackers		
Hard Boiled Egg	Fresh Fruit/Seasonal	Veggies & Dip		
Fresh Fruit/Seasonal Milk Eat Free	Cottage Cheese Raisins	Fresh Fruit/Seasonal Yogurt		
Milk, Fat Free	Raisins Milk, Fat Free	Yogurt Milk, Fat Free		
SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY		
Chicken Caesar	BLT Salad	Chef Salad		
30	31			
HOT LUNCH	HOT LUNCH			
Halloween Special	BELLACINO'S			
eleton Bones (Chicken Legs) Spider Legs (Fries)	PIZZA DAY			
Bat's Teeth (Corn)	(Bellacino's)			
Witches Surprise	eruce a cumiders	Alter	1	
Monster Mash Milk	HOMEMADE TREAT SPECIAL	A starting		31
GRAB-N-GO	NO GRAB-N-GO	(Bigger		THE STR
Choice of Cereal		SC.		
Hard Boiled Egg			and the second sec	
Fresh Fruit/Seasonal				
Milk, Fat Free				
Chicken Caesar hol	omeeu			
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Sc	F000	i Service consultants.	LIIC.	F