



IMMACULATE CONCEPTION OF DARDENNE

Healthy Habits Lunch




DECEMBER 2018



A large salad will be available every day as a choice

*= Baked

WG=Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
HOT LUNCH Chili Mac Goldfish Crackers Fresh Fruit/Seasonal Chocolate Pie Milk, Fat Free ALTERNATE Hot Dog Salad of the Day Chicken Caesar	HOT LUNCH *Popcorn Chicken *Seasoned Fries Fresh Fruit/Seasonal *Homemade Brownie Milk, Fat Free TREAT TUESDAY SMORE'S PIE \$1.00 ALTERNATE Toasted Ravioli Salad of the Day Chef Salad	HOT LUNCH *Jumbo Corn Dog Corn Fresh Fruit/Seasonal *Vanilla Wafers Milk, Fat Free ALTERNATE Italian Panini Salad of the Day Italian Salad	HOT LUNCH BREAKFAST FOR LUNCH! *Pancake with Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free ALTERNATE Egg & Cheese Biscuit Salad of the Day Cranberry Chicken Salad	HOT LUNCH PIZZA HUT CHEESE PIZZA VEGETABLE MEDLEY FRUIT MEDLEY DREAM CAKE MILK, FAT FREE ALTERNATE Crispito Salad of the Day Taco Salad
10	11	12	13	14
HOT LUNCH *Chicken Nuggets *Au Gratin Potatoes Green Beans Fresh Fruit/Seasonal Milk, Fat Free ALTERNATE Chili/Saltine Crackers Salad of the Day Chicken Caesar	HOT LUNCH Mickey Mouse's Birthday Mickey Burgers Minnie Chips (Tator Tots) Goofy Fruit Donald Duck Dessert Pluto Milk TREAT TUESDAY CINNAMON ROLLS \$1.00 ALTERNATE Pizza Quesadilla Salad of the Day Chef Salad	HOT LUNCH Chicken Taco Mixed Vegetables Raisins Oreo Cookies Milk, Fat Free ALTERNATE Baked Chicken Breast Salad of the Day Italian Salad	HOT LUNCH Macho Nachos, WG Shredded Lettuce & Tomato Fresh Fruit/Seasonal 100% Fruit Juice Bar Milk, Fat Free ALTERNATE Pretzel Salad of the Day Cranberry Chicken Salad	HOT LUNCH PIZZA HUT PEPPERONI PIZZA GREEN BEANS FRUIT MEDLEY BROWNIE MILK, FAT FREE ALTERNATE BBQ Riblet Sandwich Salad of the Day Taco Salad
17	18	19	20	21
HOT LUNCH Chicken Alfredo Lettuce & Carrot Salad Lite Italian Dressing Fresh Fruit/Seasonal *Garlic Breadstick Milk, Fat Free ALTERNATE Toasted Ravioli Salad of the Day Chicken Caesar	HOT LUNCH *Chicken Patty Sandwich WG *French Fries/Ketchup Green Beans Fresh Fruit/Seasonal Milk, Fat Free TREAT TUESDAY CUPCAKE 80¢ ALTERNATE Hamburger Salad of the Day Chef Salad	HOT LUNCH GRINCH SPECIAL Grinch Grilled Cheese Whoville Baked Beans Cindy Lou's Rice Krispies Treat Mistletoe Milk ALTERNATE Mini Taco Salad of the Day Italian Salad	HOT LUNCH PIZZA HUT CHEESE PIZZA CORN ROSIE APPLESAUCE TEDDY GRAHAMS MILK, FAT FREE ALTERNATE Bosco Sticks Salad of the Day Cranberry Chicken Salad	NOON DISMISSAL NO FOOD SERVICE
24	25	26	27	28
NO SCHOOL 	NO SCHOOL 	NO SCHOOL 	NO SCHOOL 	NO SCHOOL 
31				
NO SCHOOL 				

DAILY SPECIALS (GRADES 5-8 ONLY)

CHEESY FRENCH BREAD PIZZA \$2.75	BACON CHEESEBURGER WITH CHIPS \$3.55	CHICKEN STRIPS AND FRIES \$3.50	TOASTED RAVIOLI (5) \$2.65	BOSCO STICKS (2) WITH SAUCE \$3.40
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All FSC menus follow the USDA guidelines & Archdiocese Wellness Plan and have been approved by Registered Dietitian Associates, Inc. (does not include alternate entrée).



Food Service Consultants, Inc.

"Serving You With Pride"

