



# IMMACULATE CONCEPTION OF DARDENNE

## Healthy Habits Lunch







## JANUARY 2019



A large salad will be available every day as a choice

\*= Baked

WG=Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
	1 NO SCHOOL	2 NO SCHOOL	3 HOT LUNCH Chicken Noodle Soup Crackers Lettuce & Tomato Salad with Ranch Dressing Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free <b>ALTERNATE</b> Crispito Salad of the Day Cranberry Chicken Salad	4 HOT LUNCH PIZZA HUT  CHEESE PIZZA CORN FRESH FRUIT/SEASONAL YELLOW CAKE MILK, FAT FREE  <b>ALTERNATE</b> Turkey Panini Salad of the Day Taco Salad
	7 HOT LUNCH <b>BREAKFAST FOR LUNCH!</b> *Waffle with Syrup *Sausage Patty Hash Brown Triangle Fresh Fruit/Seasonal Snickerdoodle Milk, Fat Free <b>ALTERNATE</b> Scrambled Egg Salad of the Day Chicken Caesar	8 HOT LUNCH *Breaded Chicken Drumstick Buttered Noodles Mixed Vegetables Jell-O Milk, Fat Free <b>TREAT TUESDAY</b> LONG JOHN DONUT <b>ALTERNATE</b> Bosco Stick Salad of the Day Chef Salad	9 HOT LUNCH Soft Shell Beef Taco Rice Corn Churro Milk, Fat Free  <b>ALTERNATE</b> Crunchy Taco Salad of the Day BLT Salad	10 HOT LUNCH Meatball Sub Lattice Chips Fresh Fruit/Seasonal Milk, Fat Free  <b>ALTERNATE</b> Turkey/Cheese Wrap Salad of the Day Cranberry Chicken Salad
14 HOT LUNCH Chicken Strips with Bar B Q sauce Green Beans Lettuce Grapes and Cheese Cubes Milk, Fat Free  <b>ALTERNATE</b> Chili with Crackers Salad of the Day Chicken Caesar	15 HOT LUNCH French Toast Sticks Waffle Breaded Chicken Strip Pancake Syrup Fresh Fruit/Seasonal Yogurt Milk, Fat Free <b>TREAT TUESDAY</b> CARNIVAL COOKIE <b>ALTERNATE</b> Spaghetti O's Salad of the Day Chef Salad	16 HOT LUNCH Grilled Cheese Tomato Soup Lettuce Salad Fresh Fruit/Seasonal Milk, Fat Free  <b>ALTERNATE</b> Jumbo Corn Dog Salad of the Day BLT Salad	17 HOT LUNCH  PIZZA HUT CHEESE PIZZA MIXED VEGETABLES FRESH FRUIT/SEASONAL RICE KRISPIES TREAT MILK, FAT FREE  <b>ALTERNATE</b> Lasagna Salad of the Day Cranberry Chicken Salad	18 NOON DISMISSAL NO FOOD SERVICE
21 NO SCHOOL  	22 HOT LUNCH Mini Tacos Corn Fresh Fruit/Seasonal Fresh Baked Brownie Milk, Fat Free <b>TREAT TUESDAY</b> VANILLA ICE CREAM CUP <b>ALTERNATE</b> Hamburger Quesadilla Salad of the Day Chef Salad	23 HOT LUNCH All Natural Hot Dog on Bun Potato Chips Fresh Fruit/Seasonal 2 Oreos Milk, Fat Free  <b>ALTERNATE</b> Toasted Ravioli Salad of the Day BLT Salad	24 HOT LUNCH BLT Wrap Fresh Fruit/Seasonal Strawberry Yogurt *Cheddar Goldfish, WG Milk, Fat Free  <b>ALTERNATE</b> Cheeseburger Salad of the Day Cranberry Chicken Salad	25 HOT LUNCH  PIZZA HUT CHEESE PIZZA CAESAR SALAD FRESH FRUIT/SEASONAL SUGAR COOKIE MILK, FAT FREE  <b>ALTERNATE</b> Chicken Nuggets Salad of the Day Taco Salad
28 HOT LUNCH Soft Chicken Taco Spanish Rice Lettuce & Carrot Salad Lite Italian Dressing Fresh Baked Brownie Milk, Fat Free  <b>ALTERNATE</b> Crunchy Taco Salad of the Day Chicken Caesar	29 HOT LUNCH *Chicken Patty Sandwich WG *French Fries/Ketchup Green Beans Fresh Fruit/Seasonal Milk, Fat Free <b>TREAT TUESDAY</b> CHOCOLATE ICE CREAM <b>ALTERNATE</b> Hamburger Salad of the Day Chef Salad	30 HOT LUNCH *Pancake & Sausage on Stick, WG Syrup Tator Coins Fresh Fruit/Seasonal Milk, Fat Free  <b>ALTERNATE</b> Hot Ham & Cheese on Bagel Salad of the Day BLT Salad	31 HOT LUNCH *Bosco Breadstick Sauce Lettuce & Carrot Salad Lite Ranch Dressing Fresh Fruit/Seasonal Oreo Cookies Milk, Fat Free <b>ALTERNATE</b> Chili with Crackers Salad of the Day Cranberry Chicken Salad	

### 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"

