



IMMACULATE CONCEPTION OF DARDENNE

Healthy Habits Lunch

NOVEMBER 2018



A large salad will be available every day as a choice

*= Baked

WG=Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>November</h1> 				
			1	2
			HOT LUNCH Beef Dippers Mashed Potato with Gravy Fresh Fruit/Seasonal Green Beans Milk, Fat Free ALTERNATE Salisbury Steak Salad of the Day Cranberry Chicken Salad	HOT LUNCH PIZZA HUT CHEESE PIZZA CORN FRESH FRUIT/SEASONAL VANILLA ICE CREAM MILK, FAT FREE ALTERNATE Cheese Ravioli with Sauce Salad of the Day Taco Salad
5	6	7	8	9
HOT LUNCH Golden Grilled Cheese, WG Fresh Vegetables w/dip Fresh Fruit/Seasonal Vanilla Ice Cream Milk, Fat Free ALTERNATE Fish Sticks Salad of the Day Chicken Caesar	HOT LUNCH All Natural Hot Dog on Bun *French Fries with Ketchup Fresh Veggies Lite Ranch Dressing Jell-O Milk, Fat Free TREAT TUESDAY CHOCOLATE CHIP MUFFIN ALTERNATE Boneless Chicken Drumsticks Salad of the Day Chef Salad	HOT LUNCH *Mostaccioli Tossed Salad Lite Italian Dressing Fresh Fruit/Seasonal *WG Dinner Rolls Milk, Fat Free NO ALTERNATE Turkey & Cheese Wrap Salad of the Day Italian Salad	HOT LUNCH *Pancake & Sausage on Stick, WG Syrup Tator Coins Fresh Fruit/Seasonal Milk, Fat Free ALTERNATE French Dip Salad of the Day Cranberry Chicken Salad	HOT LUNCH VETERANS DAY SPECIAL PIZZA HUT CHEESE PIZZA HERO GREEN BEANS OVERSEAS ORANGES COURAGEOUS CHOCOLATE CHIP COOKIE MILK, FAT FREE ALTERNATE Tribute Toasted Ravioli Salad of the Day Taco Salad
12	13	14	15	16
HOT LUNCH MEXICAN MUNCHIES! Soft Taco Taco Fiesta Beans Lettuce & Tomato Salad Light Ranch Dressing 100% Fruit Juice Bar Milk, Fat Free ALTERNATE Crunchy Taco Salad of the Day Chicken Caesar	HOT LUNCH *Chicken Nuggets Corn Fresh Fruit/Seasonal Rice Krispies Treat Milk, Fat Free TREAT TUESDAY LONG JOHN DONUT ALTERNATE Spaghetti O's Salad of the Day Chef Salad	HOT LUNCH *Bosco Breadstick Sauce Lettuce & Carrot Salad Lite Ranch Dressing Fresh Fruit/Seasonal Oreo Cookies Milk, Fat Free NO ALTERNATE Turkey & Cheese Panini Salad of the Day Italian Salad	HOT LUNCH Chicken Noodle Soup Saltine Crackers Fresh Fruit/Seasonal Brownie Milk, Fat Free ALTERNATE Jumbo Corn Dog Salad of the Day Cranberry Chicken Salad	NOON DISMISSAL NO LUNCH SERVED
19	20	21	22	23
HOT LUNCH BREAKFAST FOR LUNCH! *Waffle with Syrup *Sausage Patty Fresh Fruit/Seasonal Strawberry Yogurt Cup Milk, Fat Free ALTERNATE Egg & Cheese Wrap Salad of the Day Chicken Caesar	HOT LUNCH *Cheese Quesadilla Spanish Rice Corn Rainbow Sherbet Milk, Fat Free TREAT TUESDAY CARNIVAL COOKIE ALTERNATE Crispito Salad of the Day Chef Salad	NO SCHOOL 		
26	27	28	29	30
HOT LUNCH Mini Tacos Corn Fresh Fruit/Seasonal Fresh Baked Brownie Milk, Fat Free ALTERNATE Chicken Strip (2) Salad of the Day Chicken Caesar	HOT LUNCH Nachos and Cheese, WG Green Beans Fresh Fruit/Seasonal Churro Milk, Fat Free TREAT TUESDAY DIRT CAKE ALTERNATE Macho Nachos Salad of the Day Chef Salad	HOT LUNCH Roast Beef Sandwich on French Fresh Vegetables w/dip *Vanilla Wafers Fresh Fruit/Seasonal Milk, Fat Free NO ALTERNATE String Cheese & Crackers Salad of the Day Italian Salad	HOT LUNCH *Chicken Patty Sandwich WG *French Fries/Ketchup Green Beans Fresh Fruit/Seasonal Milk, Fat Free ALTERNATE Cheeseburger Salad of the Day Cranberry Chicken Salad	HOT LUNCH PIZZA HUT PEPPERONI PIZZA CAESAR SALAD FRESH FRUIT/SEASONAL TEDDY GRAHAMS MILK, FAT FREE ALTERNATE Ham & Cheese on Bagel Salad of the Day Taco Salad
DAILY SPECIALS (GRADES 5-8 ONLY)				
CHICKEN WRAP WITH FRUIT CUP \$3.65	BACON CHEESEBURGER WITH CHIPS \$3.65	CHICKEN STRIPS AND FRIES \$3.60	TOASTED RAVIOLI (5) \$2.75	BOSCO STICKS (2) WITH SAUCE \$3.50

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"

