



IMMACULATE CONCEPTION OF DARDENNE

Healthy Habits Lunch

AUGUST 2018



A large salad will be available every day as a choice

*= Baked

WG=Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
13	14	15	16	17
		HOT LUNCH All Natural Hot Dog on Bun *French Fries with Ketchup Fresh Veggies Lite Ranch Dressing Jell-O Milk, Fat Free <u>ALTERNATE</u> Chicken Snack Wrap Salad of the Week Italian Salad	HOT LUNCH Turkey & Cheese Panini Fresh Veggies with Dip Fresh Fruit/Seasonal Cheddar Goldfish Milk, Fat Free <u>ALTERNATE</u> Chicken Strips Salad of the Week Cranberry Chicken Salad	HOT LUNCH <u>Welcome Back Special</u> Golden Ruler Sandwich (Grilled Cheese) Pencil Potatoes (Fries) Assorted Crayons (Veggie Sticks) Back to School Surprise Dessert Meeting New Friends Milk <u>ALTERNATE</u> Hamburger Salad of the Week Taco Salad
	20	21	22	23
HOT LUNCH <u>BREAKFAST FOR LUNCH!</u> *French Toast Sticks Syrup *Bacon *Triangle Hash Brown Fresh Fruit/Seasonal Milk, Fat Free <u>ALTERNATE</u> Egg & Cheese Biscuit Salad of the Week Chicken Caesar	HOT LUNCH *Lasagna with Meat Sauce *Fresh Breadsticks Tossed Salad Lite Ranch Dressing Fresh Fruit/Seasonal Milk, Fat Free TREAT TUESDAY BROWNIE 80¢ <u>ALTERNATE</u> Buttered Noodles Salad of the Week Chef Salad	HOT LUNCH *Chicken Patty Sandwich WG *French Fries/Ketchup Green Beans Fresh Fruit/Seasonal Milk, Fat Free <u>NO ALTERNATE</u> McRib Sandwich Salad of the Week Italian Salad	HOT LUNCH <u>TACOS TODAY!!!</u> Crunchy Taco, WG Spanish Rice, WG Mexicali Corn Rainbow Sherbet Milk, Fat Free <u>ALTERNATE</u> Sloppy Joe Salad of the Week Cranberry Chicken Salad	HOT LUNCH PIZZA HUT  PIZZA DAY BABY CARROTS WITH RANCH FRESH FRUIT/SEASONAL RICE KRISPIES TREAT MILK, FAT FREE <u>ALTERNATE</u> Ham & Cheese on Bagel Salad of the Week Taco Salad
27	28	29	30	31
HOT LUNCH *Toasted Ravioli Green Beans Fresh Fruit/Seasonal *Cookie Milk, Fat Free <u>ALTERNATE</u> Corn Dog on Stick Salad of the Week Chicken Caesar	HOT LUNCH *Chicken Nuggets *Au Gratin Potatoes Green Beans Fresh Fruit/Seasonal Milk, Fat Free TREAT TUESDAY CUPCAKE 80¢ <u>ALTERNATE</u> Pretzel & Cheese Salad of the Week Chef Salad	HOT LUNCH Homemade Spaghetti O's Tossed Salad Fresh Fruit/Seasonal Breadstick Milk, Fat Free <u>NO ALTERNATE</u> Chicken Alfredo Salad of the Week Italian Salad	HOT LUNCH Cheeseburger on WG Bun Baby Carrots Jell-O Fresh Fruit/Seasonal Milk, Fat Free <u>ALTERNATE</u> BLT Sandwich Salad of the Week Cranberry Chicken Salad	HOT LUNCH PIZZA HUT  PIZZA DAY TOSSED SALAD FRESH FRUIT/SEASONAL COOKIE MILK, FAT FREE <u>ALTERNATE</u> Breaded Chicken Drumstick Salad of the Week 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"

