



IMMACULATE CONCEPTION OF DARDENNE

Healthy Habits Lunch





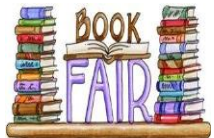
SEPTEMBER 2018



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
<p>NO SCHOOL</p>  <p>Labor Day</p>	<p>HOT LUNCH *Boneless Chicken Drumsticks Mashed Potatoes with Gravy Fresh Fruit/Seasonal *Fresh Baked Brownie Milk, Fat Free</p> <p>TREAT TUESDAY ICE CREAM CUP \$1.10</p> <p>ALTERNATE Salisbury Steak Salad of the Day Chef Salad</p>	<p>HOT LUNCH BREAKFAST FOR LUNCH! *Waffle with Syrup *Sausage Link Fresh Fruit/Seasonal Strawberry Yogurt Cup Milk, Fat Free</p> <p>SUPERVISOR SPECIAL LONG JOHNS \$1.25</p> <p>ALTERNATE Biscuit & Gravy Salad of the Day Italian Salad</p> 	<p>HOT LUNCH *Pig in a Blanket Smiley Face Potatoes Green Beans Oreo Cookie Milk, Fat Free</p> <p>ALTERNATE Hamburger Salad of the Day Cranberry Chicken Salad</p>	<p>HOT LUNCH PIZZA HUT CHEESE PIZZA DAY CORN FRESH FRUIT/SEASONAL JELL-O MILK, FAT FREE</p>  <p>ALTERNATE BLT Wrap Salad of the Day Taco Salad</p>
10	11	12	13	14
<p>HOT LUNCH BLT Panini Baby Carrots Lattice Chips Fresh Fruit/Seasonal Milk, Fat Free</p> <p>ALTERNATE Bosco Stick (1) with Sauce Salad of the Day Chicken Caesar</p>	<p>HOT LUNCH Sweet N Sour Chicken White Rice Steamed Broccoli Fortune Cookie Milk, Fat Free</p> <p>TREAT TUESDAY DONUT HOLES \$1.00</p> <p>ALTERNATE Popcorn Shrimp Salad of the Day Chef Salad</p>	<p>HOT LUNCH Mini Tacos Corn Fresh Fruit/Seasonal Fresh Baked Brownie Milk, Fat Free</p> <p>ALTERNATE Rotini & Meat Sauce Salad of the Day Italian Salad</p>	<p>HOT LUNCH Beef Dippers Mashed Potato with Gravy Fresh Fruit/Seasonal Green Beans Milk, Fat Free</p> <p>ALTERNATE Chicken Nuggets Salad of the Day Cranberry Chicken Salad</p>	<p>HOT LUNCH PIZZA HUT CHEESE PIZZA DAY Salad of the Week FRESH FRUIT/SEASONAL BROWNIE MILK, FAT FREE</p>  <p>ALTERNATE Turkey & Cheese Wrap Salad of the Day Taco Salad</p>
17	18	19	20	21
<p>HOT LUNCH Chicken Parmesan Corn Fresh Fruit/Seasonal Cake Milk, Fat Free</p> <p>ALTERNATE Hot Dog Salad of the Day Chicken Caesar</p>	<p>HOT LUNCH *Fish Sticks & Tartar Sauce Green Beans Fresh Fruit/Seasonal Flavorful Jell-O Milk, Fat Free</p> <p>TREAT TUESDAY SHAVED ICE \$1.00</p> <p>ALTERNATE French Dip Salad of the Day Chef Salad</p>	<p>HOT LUNCH Oven Roasted Chicken Breast Rice Pilaf Spinach Salad Fresh Fruit/Seasonal Milk, Fat Free</p> <p>ALTERNATE Hamburger Quesadilla Salad of the Day Italian Salad</p>	<p>HOT LUNCH Baked Macaroni & Cheese Green Beans Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p> <p>ALTERNATE Pulled Pork Salad of the Day Cranberry Chicken Salad</p>	<p>1/2 Day NO Food Service</p>
24	25	26	27	28
<p>HOT LUNCH Macho Nachos, WG Shredded Lettuce & Tomato Fresh Fruit/Seasonal 100% Fruit Juice Bar Milk, Fat Free</p> <p>ALTERNATE Cold Ham & Cheese Sandwich Salad of the Day Chicken Caesar</p>	<p>HOT LUNCH BREAKFAST FOR LUNCH! *Pancake with Syrup *Sausage Link Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p> <p>TREAT TUESDAY FUDGE BAR \$1.10</p> <p>ALTERNATE Egg & Cheese Bagel Salad of the Day Chef Salad</p>	<p>HOT LUNCH Mini Corn Dogs Baked Beans Fresh Fruit/Seasonal Cookie Milk, Fat Free</p> <p>ALTERNATE Hamburger Salad of the Day Italian Salad</p>	<p>HOT LUNCH *Chicken Nuggets Mashed Potatoes & Gravy Mixed Vegetables Rainbow Sherbet Milk, Fat Free</p> <p>ALTERNATE Swedish Meatballs Salad of the Day Cranberry Chicken Salad</p>	<p>BOOK FAIR STUDENTS BRING A SACK LUNCH</p> 

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"

