



# 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
		<b>HOT LUNCH</b> 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	<b>HOT LUNCH</b> 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	<b>HOT LUNCH</b> <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
<b>HOT LUNCH</b> <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	<b>HOT LUNCH</b> *Lasagna with Meat Sauce *Fresh Breadsticks Tossed Salad Lite Ranch Dressing Fresh Fruit/Seasonal Milk, Fat Free <b>TREAT TUESDAY</b> <b>BROWNIE 80¢</b>  <u>ALTERNATE</u> Buttered Noodles Salad of the Week Chef Salad	<b>HOT LUNCH</b> *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	<b>HOT LUNCH</b> <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	<b>HOT LUNCH</b> 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
<b>HOT LUNCH</b> *Toasted Ravioli Green Beans Fresh Fruit/Seasonal *Cookie Milk, Fat Free  <u>ALTERNATE</u> Corn Dog on Stick Salad of the Week Chicken Caesar	<b>HOT LUNCH</b> *Chicken Nuggets *Au Gratin Potatoes Green Beans Fresh Fruit/Seasonal Milk, Fat Free <b>TREAT TUESDAY</b> <b>CUPCAKE 80¢</b>  <u>ALTERNATE</u> Pretzel & Cheese Salad of the Week Chef Salad	<b>HOT LUNCH</b> 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	<b>HOT LUNCH</b> 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	<b>HOT LUNCH</b> 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"

