



IMMACULATE CONCEPTION OF DARDENNE

Healthy Habits Lunch


OCTOBER 2018



A large salad will be available every day as a choice

*= Baked

WG=Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
NO SCHOOL	<p>HOT LUNCH *Chicken Patty Sandwich WG *French Fries/Ketchup Green Beans Fresh Fruit/Seasonal Milk, Fat Free</p> <p>TREAT TUESDAY DIRT CAKE</p> <p>ALTERNATE Mini Corn Dog Salad of the Day Chef Salad</p>	<p>HOT LUNCH BLT Wrap Fresh Fruit/Seasonal Strawberry Yogurt *Cheddar Goldfish, WG Rainbow Sherbet Milk, Fat Free</p> <p>ALTERNATE Cheeseburger Salad of the Day Italian Salad</p>	<p>HOT LUNCH *Fish Sticks & Tartar Sauce Green Beans Fresh Fruit/Seasonal Flavorful Jell-O Milk, Fat Free</p> <p>ALTERNATE Chicken Strip Salad of the Day Cranberry Chicken Salad</p>	<p>HOT LUNCH PIZZA HUT PEPPERONI PIZZA CORN ROSY APPLESAUCE MILK, FAT FREE</p> <p>ALTERNATE Lasagna Salad of the Day Taco Salad</p> 
8	9	10	11	12
<p>HOT LUNCH Chicken Parmesan Seasoned Noodles Green Beans Fresh Fruit/Seasonal Milk, Fat Free</p> <p>ALTERNATE Bowl of Chili Salad of the Day Chicken Caesar</p>	<p>HOT LUNCH Meatball Sub Lattice Chips Fresh Fruit/Seasonal Milk, Fat Free</p> <p>TREAT TUESDAY ICE CREAM CUP</p> <p>ALTERNATE Hot Dog on Bun Salad of the Day Chef Salad</p>	<p>HOT LUNCH Bagel & Cream Cheese Fresh Fruit/Seasonal Yogurt Raisins Milk, Fat Free</p> <p>ALTERNATE French Toast Sticks Salad of the Day Italian Salad</p>	<p>HOT LUNCH Oven Roasted Chicken Breast Rice Pilaf Spinach Salad Fresh Fruit/Seasonal Milk, Fat Free</p> <p>ALTERNATE Pulled Pork Salad of the Day Cranberry Chicken Salad</p>	<p>HOT LUNCH PIZZA HUT CHEESE PIZZA VEGGIE STICKS WITH DIP FRESH FRUIT/SEASONAL RICE KRISPIES TREAT MILK, FAT FREE</p> <p>ALTERNATE Cheeseburger Salad of the Day Taco Salad</p> 
15	16	17	18	19
<p>HOT LUNCH *Toasted Ravioli Green Beans Fresh Fruit/Seasonal *Cookie Milk, Fat Free</p> <p>ALTERNATE Cheese Quesadilla Salad of the Day Chicken Caesar</p>	<p>HOT LUNCH Baked Macaroni & Cheese Green Beans Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p> <p>SUPERVISOR SPECIAL S'MORE PIE</p> <p>ALTERNATE Chicken Nuggets Salad of the Day Chef Salad</p>	<p>HOT LUNCH Pizza Quesadilla Corn Fresh Fruit/Seasonal Sherbet Milk, Fat Free</p> <p>ALTERNATE Chicken Caesar Wrap Salad of the Day Italian Salad</p>	<p>HOT LUNCH BREAKFAST FOR LUNCH! Scrambled Eggs *Hash Brown Triangle Sausage Links *Cinnamon Streusel Milk, Fat Free</p> <p>ALTERNATE Breakfast Panini Salad of the Day Cranberry Chicken Salad</p>	NO SCHOOL
22	23	24	25	26
 <div style="border: 1px solid black; padding: 10px; text-align: center;"> <h1 style="color: orange;">Fall Break</h1>  </div> 				
29	30	31		
<p>HOT LUNCH MEXICAN MUNCHIES! Soft Taco Taco Fiesta Beans Lettuce & Tomato Salad Light Ranch Dressing 100% Fruit Juice Bar Milk, Fat Free</p> <p>ALTERNATE Crunchy Taco Salad of the Day Chicken Caesar</p>	<p>HOT LUNCH Buttered Noodles Broccoli Cucumber & Tomato Salad Cheese Cubes Breadstick Milk, Fat Free</p> <p>TREAT TUESDAY BROWNIES</p> <p>ALTERNATE Italian Panini Salad of the Day Chef Salad</p>	<p>HOT LUNCH HALLOWEEN SPECIAL Devil Dog (Hot Dog) Spider Legs (Fries) Freaky Fruit Mix (Fruit Cocktail) Halloween Treat Mummy Milk</p> <p>ALTERNATE Chili Dog Salad of the Day Italian Salad</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
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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"

