



ST. LOUIS THE KING AT THE CATHEDRAL SCHOOL



Healthy Habits Breakfast & Afternoon Snack Menu

March 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH				
		1	2	3
		<u>BREAKFAST</u> Cereal Yogurt, Strawberry nonfat Graham Crackers Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk <u>AFTER SCHOOL SNACK</u> Hot n Spicy Chex Mix Skim Milk	<u>BREAKFAST</u> Blueberry Muffin Hard-Boiled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk <u>AFTER SCHOOL SNACK</u> Wheat Crackers Applesauce	<u>BREAKFAST</u> Cereal Bagel & Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk <u>AFTER SCHOOL SNACK</u> Strawberry WG Pop-Tart Skim Milk
6	7	8	9	10
<u>BREAKFAST</u> Egg Patty Biscuit Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk <u>AFTER SCHOOL SNACK</u> Elf Grahams Skim Milk	<u>BREAKFAST</u> Pancakes (2) w/Syrup Sausage Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk <u>AFTER SCHOOL SNACK</u> Fruit cup Cheese	<u>BREAKFAST</u> Cereal Yogurt, Strawberry nonfat Graham Crackers Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk <u>AFTER SCHOOL SNACK</u> Hot n Spicy Chex Mix Skim Milk	<u>BREAKFAST</u> Cereal Hard Boiled Egg Graham Cracker Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk <u>AFTER SCHOOL SNACK</u> Strawberry WG Pop-Tart Skim Milk	<u>BREAKFAST</u> Cereal Bagel & Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk <u>AFTER SCHOOL SNACK</u> Strawberry Yogurt Fruit Slices
13	14	15	16	17
<u>BREAKFAST</u> Biscuit w/margarine Scrambled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk <u>AFTER SCHOOL SNACK</u> String Cheese & Crackers Skim Milk	<u>BREAKFAST</u> Cereal French Toast Sticks & Syrup Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk <u>AFTER SCHOOL SNACK</u> Graham Crackers Skim Milk	<u>BREAKFAST</u> Pancake/Sausage on Stick Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk <u>AFTER SCHOOL SNACK</u> WG Strawberry Snaps Skim Milk	<u>BREAKFAST</u> Cereal Yogurt Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk <u>AFTER SCHOOL SNACK</u> Blueberry Muffin Fresh Fruit	<u>BREAKFAST</u> Waffle w/Syrup Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk <u>AFTER SCHOOL SNACK</u> Pineapple chunks or Grapes Animal Crackers
20	21	22	23	24
NO SCHOOL	<u>BREAKFAST</u> Pancake (2) w/Syrup Sausage Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk <u>AFTER SCHOOL SNACK</u> Hot n Spicy Chex Mix Skim Milk	<u>BREAKFAST</u> Cereal Yogurt, Strawberry nonfat Graham Crackers Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk <u>AFTER SCHOOL SNACK</u> WG Strawberry Pop-Tart Skim Milk	<u>BREAKFAST</u> Blueberry Muffin Hard-Boiled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk <u>AFTER SCHOOL SNACK</u> WG Cheez-its Skim Milk	<u>BREAKFAST</u> Cereal Bagel & Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk <u>AFTER SCHOOL SNACK</u> Bug Bites Skim Milk
27	28	29	30	31
<u>BREAKFAST</u> Cereal Yogurt, Strawberry nonfat Graham Cracker Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk <u>AFTER SCHOOL SNACK</u> Veggies & Dip Wheat Crackers	<u>BREAKFAST</u> Cereal French Toast Sticks/Syrup Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk <u>AFTER SCHOOL SNACK</u> Strawberry Yogurt Fruit Slices	<u>BREAKFAST</u> Pancake/Sausage on Stick Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk <u>AFTER SCHOOL SNACK</u> Blueberry Muffin Skim Milk	<u>BREAKFAST</u> Biscuit /Margarine Scrambled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk <u>AFTER SCHOOL SNACK</u> WG Goldfish Crackers Skim Milk	<u>BREAKFAST</u> Waffle w/Syrup Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk <u>AFTER SCHOOL SNACK</u> Fresh Fruit/Seasonal Cereal

"USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER"

All FSC menus follow the USDA guidelines & Archdiocese Wellness Plan and have been approved by Registered Dietitian Associates, Inc.



Food Service Consultants, Inc.

"Serving You With Pride"

