



# ST. LOUIS THE KING AT THE CATHEDRAL SCHOOL



## Healthy Habits Lunch Menu

March 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
<b>MARCH</b>		<u>LUNCH</u> Quirky Quesadillas Refried Beans Green Beans Pears Skim Milk	<u>LUNCH</u> Deli Sub Green Peas Fresh Fruit/Seasonal Skim Milk	<u>LUNCH</u> Fish Nuggets Baked Beans Celery Sticks Peaches Skim Milk
		6	7	8
<u>LUNCH</u> Grilled Hamburger on Bun Oven Roasted New Potatoes Pineapple Chunks Catsup Skim Milk	<u>LUNCH</u> WG Chicken Strips/BBQ Sauce Pork & Beans Fresh Fruit/Seasonal Honey Graham Crackers Skim Milk	<u>LUNCH</u> WG Baked Mostaccioli w/Homemade Meat Sauce Green Beans Peaches WG Roll/Margarine Skim Milk	<u>LUNCH</u> Pepperoni Pizza Wedge Fresh Carrot Sticks Lite Ranch Dressing Pears Skim Milk	<u>LUNCH</u> Fish Stick Cheesy Mac & Cheese Broccoli Fresh Fruit/Seasonal Whole Grain Roll w/Margarine Skim Milk
13	14	15	16	17
<u>LUNCH</u> Homemade Fresh Chicken Breast on WG Bun Seasoned Corn Catsup Quartered Oranges Skim Milk	<u>LUNCH</u> Chili WG Roll/Margarine Pineapple Chunks Skim Milk	<u>LUNCH</u> Corn Dog Spinach w/Margarine Fresh Fruit/Seasonal WG Strawberry Snaps Catsup Skim Milk	<u>LUNCH</u> Soft Beef Taco Shredded Lettuce/Tomatoes Refried Beans Fresh Fruit/Seasonal Skim Milk	<u>LUNCH</u> Polka Dot Pasta String Cheese Chili-Roasted Sweet Potatoes Mixed Fruit Skim Milk
20	21	22	23	24
NO SCHOOL	<u>LUNCH</u> Hot Dog on WG Bun French Fries Catsup/Mustard Mixed Veggies Fresh Fruit/Seasonal Skim Milk	<u>LUNCH</u> Grilled Hamburger on WG Bun Lettuce & Tomato Catsup/Mustard Seasoned Corn w/Margarine Fresh Fruit/Seasonal Skim Milk	<u>LUNCH</u> Boneless Chicken Drumsticks Homemade Mashed Potatoes/Grav Green Beans w/Margarine Chilled Applesauce Slice White or Wheat Bread Skim Milk	<u>LUNCH</u> WG Cheese Pizza Wedge Tossed Romaine Salad Light Ranch Dressing Carrot Sticks Fresh Fruit/Seasonal Skim Milk
27	28	29	30	31
<u>LUNCH</u> Chicken Fettuccine Green Peas WG Roll/Margarine Fresh Fruit/Seasonal Skim Milk	<u>LUNCH</u> Nachos/Cheese/Chex Taco Meat Tossed Romaine Salad Light Ranch Dressing Refried Beans Fresh Fruit/Seasonal Skim Milk	<u>LUNCH</u> WG Chicken Nuggets/catsup Carrots/Margarine Fruit Cocktail WG Strawberry Snaps WG Roll Skim Milk	<u>LUNCH</u> Home-Roasted Turkey Breast Roasted Sweet Potatoes Green Beans w/Margarine Slice WG Bread w/Margarine Fresh Fruit/Seasonal Skim Milk	<u>LUNCH</u> WG Bosco Stick Homemade Spaghetti Sauce Romaine Salad/Asstd. Lt. Dress. Baked Cinnamon Apples Broccoli, Fresh w/Margarine Skim Milk

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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"

