



IMMACULATE CONCEPTION OF DARDENNE

Healthy Habits Lunch

MAY 2019



A large salad will be available every day as a choice

*= Baked

WG=Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		HOT LUNCH *Pizza Stix Lettuce & Carrot Salad Lite Ranch Dressing Fresh Fruit/Seasonal Cookie Milk, Fat Free ALTERNATE BBQ Hamburger on Bun Salad of the Day BLT Salad	HOT LUNCH Soft Taco Taco Fiesta Beans Lettuce & Tomato Salad Light Ranch Dressing 100% Fruit Juice Bar Milk, Fat Free ALTERNATE Crunchy Taco Salad of the Day Cranberry Chicken Salad	HOT LUNCH PIZZA HUT CHEESE PIZZA CARROTS CHILLED FRUIT VANILLA ICE CREAM MILK, FAT FREE ALTERNATE Hamburger Quesadilla Salad of the Day Taco Salad
6	7	8	9	10
HOT LUNCH * Chicken Strips BBQ Sauce Corn Fresh Fruit/Seasonal Cookies Milk, Fat Free ALTERNATE Cheesy French Bread Salad of the Day Chicken Caesar	HOT LUNCH All Natural Hot Dog on Bun *French Fries with Ketchup Fresh Veggies Lite Ranch Dressing Jell-O Milk, Fat Free TREAT TUESDAY ICE CREAM CUP ALTERNATE Chili Dog Salad of the Day Chef Salad	HOT LUNCH Buttered Noodles Steamed Broccoli Fresh Fruit/Seasonal Breadstick Milk, Fat Free ALTERNATE BBQ Riblet on Bun Salad of the Day BLT Salad	HOT LUNCH Macho Nachos, WG Shredded Lettuce & Tomato Fresh Fruit/Seasonal 100% Fruit Juice Bar Milk, Fat Free ALTERNATE Pretzel & Cheese Salad of the Day Cranberry Chicken Salad	HOT LUNCH PIZZA HUT PEPPERONI PIZZA GREEN BEANS CHILLED FRUIT SUGAR COOKIE MILK, FAT FREE ALTERNATE Egg Salad Sandwich Salad of the Day Taco Salad
13	14	15	16	17
HOT LUNCH French Toast Sticks Waffle Breaded Chicken Strip Pancake Syrup Fresh Fruit/Seasonal Yogurt Milk, Fat Free ALTERNATE Egg & Cheese Burrito Salad of the Day Chicken Caesar	HOT LUNCH *Lasagna with Meat Sauce *Fresh Breadsticks Tossed Salad Lite Ranch Dressing Fresh Fruit/Seasonal Milk, Fat Free TREAT TUESDAY LONG JOHN DONUT ALTERNATE Mini Corn Dogs Salad of the Day Chef Salad	HOT LUNCH *Chicken Nuggets Mashed Potatoes & Gravy Corn Rosy Applesauce Milk, Fat Free ALTERNATE Salisbury Steak Salad of the Day BLT Salad	HOT LUNCH PIZZA HUT CHEESE PIZZA CAESAR SALAD CHILLED FRUIT YELLOW CAKE MILK, FAT FREE ALTERNATE Toasted Ravioli & Sauce Salad of the Day Cranberry Chicken Salad	ICD OLYMPICS NOON DISMISSAL NO FOOD SERVICE
20	21	22	23	24
HOT LUNCH *Jumbo Corn Dog Corn Fresh Fruit/Seasonal *Vanilla Wafers Milk, Fat Free ALTERNATE Chicken Patty on Bun Salad of the Day Chicken Caesar	HOT LUNCH Mini Tacos Corn Fresh Fruit/Seasonal Fresh Baked Brownie Milk, Fat Free TREAT TUESDAY S'MORES ALTERNATE Crispito Salad of the Day Chef Salad	HOT LUNCH Happy Burger Takin' Off Tots Sleeping In Sticks of Carrots Fun in the Sun Fruit Good-Bye Milk ALTERNATE Pulled Pork Slider Salad of the Day BLT Salad	HOT LUNCH PIZZA HUT CHEESE PIZZA MIXED VEGETABLES CHILLED FRUIT COOKIE MILK, FAT FREE ALTERNATE Lasagna Salad of the Day Cranberry Chicken Salad	LAST DAY NOON DISMISSAL NO FOOD SERVICE HAVE A GREAT SUMMER!

DAILY SPECIALS (GRADES 5-8 ONLY)

CHEESY FRENCH BREAD PIZZA \$2.75	BACON CHEESEBURGER WITH CHIPS \$3.55	CHICKEN STRIPS AND FRIES \$3.50	TOASTED RAVIOLI (5) \$2.65	BOSCO STICKS (2) WITH SAUCE \$3.40
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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"

