



# IMMACULATE CONCEPTION OF DARDENNE

## Healthy Habits Lunch

## MARCH 2019



A large salad will be available every day as a choice

\*= Baked

WG=Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
				1 HOT LUNCH PIZZA HUT PEPPERONI PIZZA CORN CHILLED FRUIT CHOCOLATE CHIP COOKIE MILK, FAT FREE ALTERNATE Hamburger Salad of the Day Taco Salad
4 HOT LUNCH *Boneless Chicken Drumsticks Mashed Potatoes with Gravy Fresh Fruit/Seasonal *Fresh Baked Brownie Milk, Fat Free  ALTERNATE Salisbury Steak Salad of the Day Chicken Caesar	5 HOT LUNCH BREAKFAST FOR LUNCH! *Waffle with Syrup *Sausage Patty Fresh Fruit/Seasonal Strawberry Yogurt Cup Milk, Fat Free TREAT TUESDAY DIRT CAKE ALTERNATE Scrambled Egg Salad of the Day Chef Salad	6 HOT LUNCH Grilled Cheese Tomato Soup Lettuce & Carrot Salad Light Ranch Dressing Fresh Fruit/Seasonal Milk, Fat Free NO DAILY SPECIAL  ALTERNATE Egg Salad Sandwich Salad of the Day Italian Salad	7 HOT LUNCH Meatball Sub Lattice Chips Fresh Fruit/Seasonal Milk, Fat Free  ALTERNATE Chicken Drumstick Salad of the Day Cranberry Chicken Salad	8 HOT LUNCH PIZZA HUT CHEESE PIZZA MIXED VEGGIES CHILLED FRUIT CHOCOLATE CHIP COOKIE MILK, FAT FREE  ALTERNATE Pasta Con Broccoli Salad of the Day Taco Salad
11 HOT LUNCH Buttered Noodles Green Beans Breadstick Fresh Fruit/Seasonal Milk, Fat Free  ALTERNATE Lasagna Salad of the Day Chicken Caesar	12 HOT LUNCH Chicken Patty on WG Bun Cheddar Goldfish, WG Raisins Jell-O Milk, Fat Free TREAT TUESDAY VANILLA ICE CREAM ALTERNATE Mini Corn Dog Salad of the Day Chef Salad	13 HOT LUNCH *Cheese Quesadilla Spanish Rice Corn Oreo Cookie Milk, Fat Free  ALTERNATE Mini Taco Salad of the Day Italian Salad	14 HOT LUNCH PIZZA HUT PEPPERONI PIZZA CAESAR SALAD CHILLED FRUIT YELLOW CAKE MILK, FAT FREE  ALTERNATE Cheese Ravioli & Sauce Salad of the Day Cranberry Chicken Salad	15 EARLY DISMISSAL NO LUNCH SERVED
18 HOT LUNCH French Toast Sticks Waffle Breaded Chicken Strip Pancake Syrup Fresh Fruit/Seasonal Yogurt Milk, Fat Free  ALTERNATE Spaghetti O's Salad of the Day Chicken Caesar	19 HOT LUNCH SPRING BREAK SPECIAL Relaxing Ravioli Beachside Marinara Sauce Tossed Salad Frolicking Fruit Take it Easy Milk TREAT TUESDAY CINNAMON ROLL ALTERNATE Riblet Salad of the Day Chef Salad	20 HOT LUNCH SPRING BREAK SPECIAL Hawaiian Hot Dog Far Away French Fries Cayman Island Corn Florida Fruit Cocktail Ocean view Milk  ALTERNATE Chili Dog Salad of the Day Italian Salad	21 NO SCHOOL	22 NO SCHOOL
25 NO SCHOOL	26 NO SCHOOL	27 HOT LUNCH *Bosco Stick Spaghetti Sauce Mixed Vegetables Fresh Fruit/Seasonal 100% Fruit Juice Bar Milk, Fat Free ALTERNATE Chili & Crackers Salad of the Day Italian Salad	28 HOT LUNCH TACOS TODAY!!! Crunchy Beef Taco, WG Spanish Rice, WG Mexicali Corn Rainbow Sherbet Milk, Fat Free ALTERNATE Soft Beef Taco Salad of the Day Cranberry Chicken Salad	29 HOT LUNCH PIZZA HUT CHEESE PIZZA CORN CHILLED FRUIT OREO COOKIE MILK, FAT FREE ALTERNATE Cheese Lasagna Salad of the Day Taco Salad

### 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"

