



IMMACULATE CONCEPTION OF DARDENNE

Healthy Habits Lunch

FEBRUARY 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 SUPER BOWL SPECIAL Touchdown Cheese Pizza Kicker Veggie Sticks Penalty Chocolate Pudding Kickoff Milk ALTERNATE Tight End Hamburger Salad of the Day Tackle Taco Salad
				8
4	5	6	7	8
HOT LUNCH BREAKFAST FOR LUNCH! *Pancake with Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free ALTERNATE Breakfast Panini (Egg, Bacon & Cheese) Salad of the Day Chicken Caesar	HOT LUNCH CHINESE NEW YEAR Sweet N Sour Chicker White Rice Steamed Broccoli Fortune Cookie Milk, Fat Free TREAT TUESDAY CINNAMON ROLL 1.00 ALTERNATE Oven Roasted Chicken Breast Salad of the Day Chef Salad	HOT LUNCH French Dip Potato Chips Fruit Milk, Fat Free ALTERNATE Hot Dog on Bun Salad of the Day Italian Salad	HOT LUNCH Macho Nachos, WG Shredded Lettuce & Tomato Fresh Fruit/Seasonal 100% Fruit Juice Bar Milk, Fat Free ALTERNATE Pretzel with Cheese Salad of the Day Cranberry Chicken Salad	HOT LUNCH Pepperoni Pizza Corn Fresh Fruit/Seasonal Yellow Cake Milk, Fat Free ALTERNATE Cheese Lasagna Salad of the Day Taco Salad
11	12	13	14	15
HOT LUNCH Turkey & Cheese Wrap *Cheddar Goldfish, WG Fresh Fruit/Seasonal *Mini Rice Krispies Treat Milk, Fat Free ALTERNATE Chicken Noodle Soup Salad of the Day Chicken Caesar	HOT LUNCH Chicken Strips with Bar B Q sauce Green Beans Lettuce Salad Grapes and Cheese Cubes Milk, Fat Free TREAT TUESDAY CUPCAKE .80 ALTERNATE Manwich Sloppy Joe Salad of the Day Chef Salad	HOT LUNCH Buttered Noodles Broccoli Lettuce & Tomato Salad Cheese Cubes Breadstick Milk, Fat Free ALTERNATE Toasted Ravioli Salad of the Day Italian Salad	HOT LUNCH VALENTINE SPECIAL Loving Cheese Pizza Cupid's Arrow Carrot Sticks Quivering Heart Jell-O Gotta Love Milk ALTERNATE Turkey & Cheese Panini Salad of the Day Cranberry Chicken Salad	NOON DISMISSAL NO FOOD SERVICE
18	19	20	21	22
NO SCHOOL 	HOT LUNCH Baked Macaroni & Cheese Green Beans Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free TREAT TUESDAY S'MORES PIE .80 ALTERNATE Chicken Nuggets Salad of the Day Chef Salad	HOT LUNCH *Mostacioli Tossed Salad Lite Italian Dressing Fresh Fruit/Seasonal *WG Dinner Rolls Milk, Fat Free ALTERNATE Bowl of Chili Salad of the Day Italian Salad	HOT LUNCH Grilled Chicken Breast Rice Pilaf Vanilla Yogurt Blueberries Caesar Salad Milk, Fat Free ALTERNATE Salisbury Steak Salad of the Day Cranberry Chicken Salad	HOT LUNCH Cheese Pizza Caesar Salad Fresh Fruit/Seasonal Brownie Milk, Fat Free ALTERNATE Crispito Salad of the Day Taco Salad
25	26	27	28	
HOT LUNCH *Pancake & Sausage on Stick, WG Syrup Tator Coins Fresh Fruit/Seasonal Milk, Fat Free ALTERNATE Scrambled Eggs Salad of the Day Chicken Caesar	HOT LUNCH *Pizza Stix Lettuce & Carrot Salad Lite Ranch Dressing Fresh Fruit/Seasonal Cookie Milk, Fat Free TREAT TUESDAY ICE CREAM CUP 1.10 ALTERNATE Ham & Cheese on Bagel Salad of the Day Chef Salad	HOT LUNCH All Natural Hot Dog on Bun Potato Chips Fresh Fruit/Seasonal 2 Oreos Milk, Fat Free ALTERNATE Pizza Quesadilla Salad of the Day Italian Salad	HOT LUNCH *Chicken Nuggets Corn Fresh Fruit/Seasonal Rice Krispies Treat Milk, Fat Free ALTERNATE Grilled Cheese Salad of the Day Cranberry Chicken 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

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"

