



SACRED HEART ELEMENTARY HEALTHY HABITS MENU

NOVEMBER 2019



Grades pk-3 \$3.85 Grades 4 - 8 \$4.00

Menu items subject to change

*= Baked

WG=Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
1				
<p>Early Dismissal</p> <p>No Lunch</p>				
4				
<p>HOT LUNCH</p> <p>*Toasted Ravioli Green Beans Fresh Fruit/Seasonal *Cookie Milk, Fat Free</p> <p>ALTERNATE Pizza Stick</p> <p>SOUP OF THE DAY Vegetable</p> <p>SALAD OF THE WEEK Chicken Caesar</p>	<p>HOT LUNCH BREAKFAST FOR LUNCH! *Pancake with Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p> <p>ALTERNATE Chicken Rings</p> <p>SOUP OF THE DAY Chili</p> <p>SALAD OF THE WEEK BLT Salad</p>	<p>HOT LUNCH</p> <p>Baked Macaroni & Cheese Green Beans Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free</p> <p style="background-color: #ADD8E6;">Ice Cream Special \$1.25</p> <p>ALTERNATE Boscas</p> <p>SOUP OF THE DAY Chicken & Wild Rice</p> <p>SALAD OF THE WEEK Chicken Caesar Salad</p>	<p>Early Dismissal</p> <p>No Lunch</p>	<p>No School</p>
5				
6				
7				
8				
11				
<p>HOT LUNCH</p> <p>*Chicken Nuggets Mashed Potatoes & Gravy Mixed Vegetables Rainbow Sherbet Milk, Fat Free</p> <p>ALTERNATE Pizza Stick</p> <p>SOUP OF THE DAY Vegetable</p> <p>SALAD OF THE WEEK Chicken Caesar</p>	<p>HOT LUNCH TACOS TODAY!!! Crunchy Taco, WG Spanish Rice, WG Mexicali Corn Fresh Fruit/Seasonal Milk, Fat Free</p> <p>ALTERNATE Chicken Rings</p> <p>SOUP OF THE DAY Chili</p> <p>SALAD OF THE WEEK BLT Salad</p>	<p>HOT LUNCH</p> <p>Hamburger on WG Bun *Baked Fries Baby Carrots Fresh Fruit/Seasonal Milk, Fat Free</p> <p>ALTERNATE Boscas</p> <p>SOUP OF THE DAY Chicken & Wild Rice</p> <p>SALAD OF THE WEEK Chicken Caesar Salad</p>	<p>HOT LUNCH</p> <p>Papa Johns Pizza Cheese or Pepperoni Corn Rice Krispies Treat</p> <p> Better Ingredients. Better Pizza.</p> <p>NO ALTERNATE</p> <p>SOUP OF THE DAY Chicken Noodle</p> <p>SALAD OF THE WEEK Chef Salad</p>	<p>HOT LUNCH BREAKFAST FOR LUNCH! *French Toast Sticks Syrup *Bacon *Triangle Hash Brown Fresh Fruit/Seasonal Milk, Fat Free</p> <p>ALTERNATE Grilled Cheese</p> <p>SALAD OF THE WEEK SALAD BAR WITH BAKED POTATO</p>
12				
13				
14				
15				
18				
<p>HOT LUNCH</p> <p>* Chicken Strips BBQ Sauce Corn Fresh Fruit/Seasonal Cookie Milk, Fat Free</p> <p>ALTERNATE Pizza Stick</p> <p>SOUP OF THE DAY Vegetable</p> <p>SALAD OF THE WEEK Chicken Caesar</p>	<p>HOT LUNCH MEXICAN MUNCHIES! Soft Taco Taco Fiesta Beans Lettuce & Tomato Salad Light Ranch Dressing 100% Fruit Juice Bar Milk, Fat Free</p> <p>ALTERNATE Chicken Rings</p> <p>SOUP OF THE DAY Chili</p> <p>SALAD OF THE WEEK BLT Salad</p>	<p>HOT LUNCH</p> <p>*Popcorn Chicken *Seasoned Fries Fresh Fruit/Seasonal *Homemade Brownie Milk, Fat Free</p> <p>ALTERNATE Boscas</p> <p>SOUP OF THE DAY Chicken & Wild Rice</p> <p>SALAD OF THE WEEK Chicken Caesar Salad</p>	<p>HOT LUNCH</p> <p>Papa Johns Pizza Cheese or Bacon Green Beans Cookie</p> <p> Better Ingredients. Better Pizza.</p> <p>NO ALTERNATE</p> <p>SOUP OF THE DAY Chicken Noodle</p> <p>SALAD OF THE WEEK Chef Salad</p>	<p>HOT LUNCH BREAKFAST FOR LUNCH! *Waffle with Syrup *Sausage Patty Fresh Fruit/Seasonal Strawberry Yogurt Cup Milk, Fat Free</p> <p>ALTERNATE Grilled Cheese</p> <p>SALAD OF THE WEEK SALAD BAR WITH BAKED POTATO</p>
19				
20				
21				
22				
25				
<p>HOT LUNCH BREAKFAST FOR LUNCH! *Pancake with Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p> <p>ALTERNATE Pizza Stick</p> <p>SOUP OF THE DAY Vegetable</p> <p>SALAD OF THE WEEK Chicken Caesar</p>	<p>Grandparents Day</p> <p>Early Dismissal</p> <p>No Lunch</p>	<p style="text-align: center;">  </p>	<p style="text-align: center;">HAPPY THANKSGIVING</p>	<p style="text-align: center;">  </p>
				
26				
27				
28				
29				
<p>ALTERNATE CHOICE WEEKLY</p>	<p>ALA CARTE ITEMS Baked Chips-large 1.25 Ice Cream .80-1.25 Yogurt Cup .95 String Cheese .75 Fresh Veggies & Dip .95 Fruit Snacks 1.20</p>			<p>DRINKS White Milk TBD Chocolate Milk TBD Apple Juice .55 G2 1.50 Bottled Water .60</p>

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"

