

Healthy Habits Lunch



St. Simon School



August 2010

★ Items with star are baked

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p><b>LUNCH ORDER FORMS ARE DUE IN THE OFFICE BY THE FIRST DAY OF SCHOOL MONDAY, AUGUST 16</b></p>				
9	10	11	12	13
16	17	18	19	20
<ul style="list-style-type: none"> <li>★ Baked Chicken Strips</li> <li>    Corn</li> <li>    Fresh Fruit / Seasonal</li> <li>★ Vanilla Wafers</li> <li>    GRAB - N - GO</li> <li>    Ham &amp; Cheese on Bagel</li> <li>★ Scrabble Cheez-Its</li> <li>    Fresh Fruit / Seasonal</li> <li>★ Teddy Grahams</li> <li>    BLT SALAD</li> </ul>	<ul style="list-style-type: none"> <li>Spaghetti with Meat Sauce</li> <li>    Green Beans</li> <li>★ Fresh Baked Breadstick</li> <li>    Bomb Pop</li> <li>    GRAB - N - GO</li> <li>    Ham &amp; Cheese on Bagel</li> <li>★ Scrabble Cheez-Its</li> <li>    Fresh Fruit / Seasonal</li> <li>★ Teddy Grahams</li> <li>    BLT SALAD</li> </ul>	<ul style="list-style-type: none"> <li>★ Cheeseburger on Bun</li> <li>    Tater Tots</li> <li>    Carrot Sticks</li> <li>    Fresh Fruit / Seasonal</li> <li>    GRAB - N - GO</li> <li>    Ham &amp; Cheese on Bagel</li> <li>★ Scrabble Cheez-Its</li> <li>    Fresh Fruit / Seasonal</li> <li>★ Teddy Grahams</li> <li>    BLT SALAD</li> </ul>	<ul style="list-style-type: none"> <li>★ Chicken Rings / BBQ Sauce</li> <li>    Rice Pilaf</li> <li>    Fresh Fruit / Seasonal</li> <li>★ Carnival Cookie</li> <li>    GRAB - N - GO</li> <li>    Ham &amp; Cheese on Bagel</li> <li>★ Scrabble Cheez-Its</li> <li>    Fresh Fruit / Seasonal</li> <li>★ Teddy Grahams</li> <li>    BLT SALAD</li> </ul>	<ul style="list-style-type: none"> <li>★ Soft Baked Pretzels w/Cheese</li> <li>    Fresh Carrot Sticks w/Light Ranch</li> <li>    Fresh Fruit / Seasonal</li> <li>    Pudding Pop</li> <li>    GRAB - N - GO</li> <li>    Ham &amp; Cheese on Bagel</li> <li>★ Scrabble Cheez-Its</li> <li>    Fresh Fruit / Seasonal</li> <li>★ Teddy Grahams</li> <li>    BLT SALAD</li> </ul>
23	24	25	26	27
<ul style="list-style-type: none"> <li>★ Nacho Cheese Ravioli</li> <li>    Tossed Salad</li> <li>    Fresh Fruit / Seasonal</li> <li>★ Teddy Grahams</li> <li>    GRAB - N - GO</li> <li>    BLT Wrap</li> <li>    Fresh Fruit / Seasonal</li> <li>    Strawberry Yogurt</li> <li>★ Cheddar Goldfish</li> <li>    HILL SALAD</li> </ul>	<ul style="list-style-type: none"> <li>★ Hot Dog on Bun</li> <li>★ Seasoned Baked Fries</li> <li>    Chili Dip</li> <li>    Frozen 100% Fruit Juice Bar</li> <li>    GRAB - N - GO</li> <li>    BLT Wrap</li> <li>    Fresh Fruit / Seasonal</li> <li>    Strawberry Yogurt</li> <li>★ Cheddar Goldfish</li> <li>    HILL SALAD</li> </ul>	<ul style="list-style-type: none"> <li>★ French Toast Sticks w/Syrup</li> <li>    Bacon</li> <li>★ Tater Tots</li> <li>    Fresh Fruit / Seasonal</li> <li>    GRAB - N - GO</li> <li>    BLT Wrap</li> <li>    Fresh Fruit / Seasonal</li> <li>    Strawberry Yogurt</li> <li>★ Cheddar Goldfish</li> <li>    HILL SALAD</li> </ul>	<ul style="list-style-type: none"> <li>★ Baked Chicken Nuggets</li> <li>★ Baked French Fries</li> <li>    Fresh Fruit / Seasonal</li> <li>★ Homemade Blueberry Treat</li> <li>    GRAB - N - GO</li> <li>    BLT Wrap</li> <li>    Fresh Fruit / Seasonal</li> <li>    Strawberry Yogurt</li> <li>★ Cheddar Goldfish</li> <li>    HILL SALAD</li> </ul>	<ul style="list-style-type: none"> <li>★ Bosco Breadstick w/Sauce</li> <li>    Tossed Salad w/Light Ranch</li> <li>    Fresh Fruit / Seasonal</li> <li>    Rice Krispies Treat</li> <li>    GRAB - N - GO</li> <li>    BLT Wrap</li> <li>    Fresh Fruit / Seasonal</li> <li>    Strawberry Yogurt</li> <li>★ Cheddar Goldfish</li> <li>    HILL SALAD</li> </ul>
30	31			
<ul style="list-style-type: none"> <li>★ Cheese Lasagna Roll - Up</li> <li>    Tossed Salad w/Light Ranch</li> <li>    Fresh Fruit / Seasonal</li> <li>    Jell - O</li> <li>    GRAB - N - GO</li> <li>    Bagel w/Cream Cheese</li> <li>    Fresh Fruit / Seasonal</li> <li>    Raisins</li> <li>    Yogurt</li> <li>    CHICKEN GARDEN SALAD</li> </ul>	<ul style="list-style-type: none"> <li>★ Roasted Chicken Nuggets</li> <li>★ Cheesy Hash Browns</li> <li>    Mandarin Oranges</li> <li>★ Bug Bites Cinnamon Grahams</li> <li>    GRAB - N - GO</li> <li>    Bagel w/Cream Cheese</li> <li>    Fresh Fruit / Seasonal</li> <li>    Raisins</li> <li>    Yogurt</li> <li>    CHICKEN GARDEN SALAD</li> </ul>		<p style="text-align: center;"><b>SOUP CHOICES</b></p> <p style="text-align: center;"><u>August 16th thru 20th</u></p> <p style="text-align: center;">Potato Soup</p> <p style="text-align: center;"><u>August 23rd thru 27th</u></p> <p style="text-align: center;">Chicken Noodle Soup</p> <p style="text-align: center;"><u>August 30th thru 31st</u></p> <p style="text-align: center;">Tomato Soup</p>	

HOT LUNCH \* GRAB - N - GO \* SALAD & SOUP

HOT LUNCH SECOND ENTRÉE - \$1.25

All FSC menus follow the USDA guidelines & Archdiocese Wellness Plan and have been approved by Registered Dietitian Associates, Inc.

COMPARABLE FOOD SUBSTITUTIONS MAY BE MADE ACCORDING TO SUPPLIER'S AVAILABILITY



Food Service Consultants, Inc.  
"Serving You With Pride"



# ST. SIMON SCHOOL LUNCH ORDER FORM



**Student Name:** \_\_\_\_\_

**Teacher Name:** \_\_\_\_\_

## CIRCLE MEAL CHOICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-Aug	3-Aug	4-Aug	5-Aug	6-Aug
9-Aug	10-Aug	11-Aug	12-Aug	13-Aug
16-Aug	17-Aug	18-Aug	19-Aug	20-Aug
HOT LUNCH EXTRA ENTRÉE' GRAB-N-GO SOUP & SALAD	HOT LUNCH EXTRA ENTRÉE' GRAB-N-GO SOUP & SALAD	HOT LUNCH ENTRA ENTRÉE GRAB-N-GO SOUP & SALAD	HOT LUNCH EXTRA ENTRÉE GRAB-N-GO SOUP & SALAD	HOT LUNCH EXTRA ENTRÉE GRAB-N-GO SOUP & SALAD
23-Aug	24-Aug	25-Aug	26-Aug	27-Aug
HOT LUNCH EXTRA ENTRÉE' GRAB-N-GO SOUP & SALAD	HOT LUNCH EXTRA ENTRÉE GRAB-N-GO SOUP & SALAD	HOT LUNCH ENTRA ENTRÉE GRAB-N-GO SOUP & SALAD	HOT LUNCH EXTRA ENTRÉE GRAB-N-GO SOUP & SALAD	HOT LUNCH EXTRA ENTRÉE GRAB-N-GO SOUP & SALAD
8/30/10	8/31/10			
HOT LUNCH EXTRA ENTRÉE' GRAB-N-GO SOUP & SALAD	HOT LUNCH EXTRA ENTRÉE' GRAB-N-GO SOUP & SALAD	<b>LUNCH ORDER FORMS ARE DUE IN THE OFFICE BY                      THE FIRST DAY OF SCHOOL                      MONDAY, AUGUST 16, 2010</b>		

ALL TYPES OF LUNCH K-4 = \$ 2.75    5-8 = \$ 3.25 per meal

HOT LUNCH SECOND ENTRÉE = \$ 1.25



**QUANTITY**



**AMOUNT**



Lunches for : \_\_\_\_\_ X (2.75 OR 3.25) = \_\_\_\_\_

Extra Entrée: \_\_\_\_\_ X (1.25) = \_\_\_\_\_

**TOTAL AMOUNT PAID:** \_\_\_\_\_

Healthy Habits Lunch




St. Simon School



September 2010

Items with star are baked

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p><b>SOUP CHOICES</b></p> <p><b>September 1st thru 3rd</b> Tomato Soup</p> <p><b>September 6th thru 10th</b> Broccoli Cheese Soup</p> <p><b>September 13th thru 17th</b> Potato Soup</p>	<p><b>SOUP CHOICES</b></p> <p><b>September 20th thru 24th</b> Chicken Noodle Soup</p> <p><b>September 27th thru 30th</b> Tomato Soup</p>	<p>★ Pepperoni Pizza</p> <p>Tossed Salad w/Light Ranch</p> <p>Fresh Fruit / Seasonal</p> <p>★ Sugar Cookie</p> <p><b>GRAB - N - GO</b></p> <p>Bagel w/Cream Cheese</p> <p>Fresh Fruit / Seasonal</p> <p>Raisins</p> <p>Yogurt</p> <p><b>CHICKEN GARDEN SALAD</b></p>	<p>★ Toasted Ravioli</p> <p>Green Beans</p> <p>Fresh Fruit / Seasonal</p> <p>★ Teddy Graham Cubs</p> <p><b>GRAB - N - GO</b></p> <p>Bagel w/Cream Cheese</p> <p>Fresh Fruit / Seasonal</p> <p>Raisins</p> <p>Yogurt</p> <p><b>CHICKEN GARDEN SALAD</b></p>	<p>No School</p> <p>Teacher Meeting</p>
6	7	8	9	10
<p><b>Labor Day</b></p>  <p><b>No School</b></p>	<p>★ Soft Baked Pretzels w/Cheese</p> <p>Carrot Sticks w/Light Ranch</p> <p>Fresh Fruit / Seasonal</p> <p>LF Pudding Pop</p> <p><b>GRAB - N - GO</b></p> <p>Turkey &amp; Cheese Wrap</p> <p>★ Scrabble Cheez-Its</p> <p>Fresh Fruit / Seasonal</p> <p>★ 100 Calorie Chips Ahoy</p> <p><b>CHEF SALAD</b></p>	<p>Taco Salad w/Salsa&amp;Sour Cream</p> <p>Corn</p> <p>Sherbet</p> <p>Fresh Fruit / Seasonal</p> <p><b>GRAB - N - GO</b></p> <p>Turkey &amp; Cheese Wrap</p> <p>★ Scrabble Cheez-Its</p> <p>Fresh Fruit / Seasonal</p> <p>★ 100 Calorie Chips Ahoy</p> <p><b>CHEF SALAD</b></p>	<p>★ Cheeseburger on Bun</p> <p>★ Tator Tots</p> <p>Carrot Sticks w/Light Ranch</p> <p>Fresh Fruit / Seasonal</p> <p><b>GRAB - N - GO</b></p> <p>Turkey &amp; Cheese Wrap</p> <p>★ Scrabble Cheez-Its</p> <p>Fresh Fruit / Seasonal</p> <p>★ 100 Calorie Chips Ahoy</p> <p><b>CHEF SALAD</b></p>	<p>★ Bosco Breadstick w/Sauce</p> <p>Mixed Vegetables</p> <p>Fresh Fruit / Seasonal</p> <p>★ Bug Bites Cinnamon Grahams</p> <p><b>GRAB - N - GO</b></p> <p>Turkey &amp; Cheese Wrap</p> <p>★ Scrabble Cheez-Its</p> <p>Fresh Fruit / Seasonal</p> <p>★ 100 Calorie Chips Ahoy</p> <p><b>CHEF SALAD</b></p>
13	14	15	16	17
<p>★ Toasted Ravioli</p> <p>Green Beans</p> <p>Fresh Fruit / Seasonal</p> <p>★ Teddy Graham Cubs</p> <p><b>GRAB - N - GO</b></p> <p>String Cheese w/Crackers</p> <p>Veggies &amp; Dip</p> <p>Fresh Fruit / Seasonal</p> <p>Yogurt</p> <p><b>HILL SALAD</b></p>	<p>★ Boneless Chicken Drumsticks</p> <p>★ Mashed Potatoes w/Gravy</p> <p>Fresh Fruit / Seasonal</p> <p>★ Brownie</p> <p><b>GRAB - N - GO</b></p> <p>String Cheese w/Crackers</p> <p>Veggies &amp; Dip</p> <p>Fresh Fruit / Seasonal</p> <p>Yogurt</p> <p><b>HILL SALAD</b></p>	<p>★ Pancake w / Syrup</p> <p>★ Sausage Patty</p> <p>Fresh Fruit / Seasonal</p> <p>★ Tater Tots</p> <p><b>GRAB - N - GO</b></p> <p>String Cheese w/Crackers</p> <p>Veggies &amp; Dip</p> <p>Fresh Fruit / Seasonal</p> <p>Yogurt</p> <p><b>HILL SALAD</b></p>	<p>★ Jumbo Corn Dog</p> <p>Corn</p> <p>Fresh Fruit / Seasonal</p> <p>★ Animal Crackers</p> <p><b>GRAB - N - GO</b></p> <p>String Cheese w/Crackers</p> <p>Veggies &amp; Dip</p> <p>Fresh Fruit / Seasonal</p> <p>Yogurt</p> <p><b>HILL SALAD</b></p>	<p>★ Loaded Baked Potato</p> <p>Fresh Fruit / Seasonal</p> <p>★ Steamed Broccoli</p> <p>★ Chocolate Chip Cookie</p> <p><b>GRAB - N - GO</b></p> <p>String Cheese w/Crackers</p> <p>Veggies &amp; Dip</p> <p>Fresh Fruit / Seasonal</p> <p>Yogurt</p> <p><b>HILL SALAD</b></p>
20	21	22	23	24
<p>★ Pig in a Blanket</p> <p>★ Macaroni &amp; Cheese</p> <p>Vegetable Sticks</p> <p>Flavored Jell - O</p> <p><b>GRAB - N - GO</b></p> <p>Chicken Salad on Pita</p> <p>Fresh Broccoli w/Light Ranch</p> <p>Applesauce</p> <p>★ Chocolate Elf Grahams</p> <p><b>CHICKEN CLUB SALAD</b></p>	<p>★ Popcorn Chicken</p> <p>★ Seasoned Baked Fries</p> <p>Fresh Fruit / Seasonal</p> <p>★ Animal Crackers</p> <p><b>GRAB - N - GO</b></p> <p>Chicken Salad on Pita</p> <p>Fresh Broccoli w/Light Ranch</p> <p>Applesauce</p> <p>★ Chocolate Elf Grahams</p> <p><b>CHICKEN CLUB SALAD</b></p>	<p>★ Grilled Cheese Sandwich</p> <p>Chicken Noodle Soup</p> <p>Fresh Fruit / Seasonal</p> <p>Low Fat Star Bar</p> <p><b>GRAB - N - GO</b></p> <p>Chicken Salad on Pita</p> <p>Fresh Broccoli w/Light Ranch</p> <p>Applesauce</p> <p>★ Chocolate Elf Grahams</p> <p><b>CHICKEN CLUB SALAD</b></p>	<p>Macho Nachos</p> <p>Shredded Lettuce &amp; Tomato</p> <p>Fresh Fruit / Seasonal</p> <p>★ Churro</p> <p><b>GRAB - N - GO</b></p> <p>Chicken Salad on Pita</p> <p>Fresh Broccoli w/Light Ranch</p> <p>Applesauce</p> <p>★ Chocolate Elf Grahams</p> <p><b>CHICKEN CLUB SALAD</b></p>	<p>★ Bosco Breadstick w/Sauce</p> <p>Tossed Salad w/Light Ranch</p> <p>Fresh Fruit / Seasonal</p> <p>Rice Krispies Treat</p> <p><b>GRAB - N - GO</b></p> <p>Chicken Salad on Pita</p> <p>Fresh Broccoli w/Light Ranch</p> <p>Applesauce</p> <p>★ Chocolate Elf Grahams</p> <p><b>CHICKEN CLUB SALAD</b></p>
27	28	29	30	
<p>★ Baked Chicken Strips</p> <p>Corn</p> <p>Fresh Fruit / Seasonal</p> <p>★ Vanilla Wafers</p> <p><b>GRAB - N - GO</b></p> <p>Ham &amp; Cheese on Bagel</p> <p>★ Scrabble Cheez-Its</p> <p>Fresh Fruit / Seasonal</p> <p>★ Teddy Grahams</p> <p><b>BLT Salad</b></p>	<p>Spaghetti with Meat Sauce</p> <p>Green Beans</p> <p>★ Fresh Baked Breadstick</p> <p>Bomb Pop</p> <p><b>GRAB - N - GO</b></p> <p>Ham &amp; Cheese on Bagel</p> <p>★ Scrabble Cheez-Its</p> <p>Fresh Fruit / Seasonal</p> <p>★ Teddy Grahams</p> <p><b>BLT Salad</b></p>	<p>★ Cheeseburger on Bun</p> <p>★ Tater Tots</p> <p>Carrot Sticks</p> <p>Fresh Fruit / Seasonal</p> <p><b>GRAB - N - GO</b></p> <p>Ham &amp; Cheese on Bagel</p> <p>★ Scrabble Cheez-Its</p> <p>Fresh Fruit / Seasonal</p> <p>★ Teddy Grahams</p> <p><b>BLT Salad</b></p>	<p>★ Chicken Rings / BBQ Sauce</p> <p>Rice Pilaf</p> <p>Fresh Fruit / Seasonal</p> <p>★ Carnival Cookie</p> <p><b>GRAB - N - GO</b></p> <p>Ham &amp; Cheese on Bagel</p> <p>★ Scrabble Cheez-Its</p> <p>Fresh Fruit / Seasonal</p> <p>★ Teddy Grahams</p> <p><b>BLT Salad</b></p>	<p><b>LUNCH ORDER FORMS ARE DUE IN THE OFFICE BY THE FIRST DAY OF SCHOOL MONDAY, AUGUST 16</b></p>

HOT LUNCH \* GRAB - N - GO \* SALAD & SOUP HOT LUNCH SECOND ENTRÉE - \$1.25

All FSC menus follow the USDA guidelines & Archdiocese Wellness Plan and have been approved by Registered Dietitian Associates, Inc.

COMPARABLE FOOD SUBSTITUTIONS MAY BE MADE ACCORDING TO SUPPLIER'S AVAILABILITY



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# ST. SIMON SCHOOL LUNCH ORDER FORM



**Student Name:** \_\_\_\_\_

**Teacher Name:** \_\_\_\_\_

## CIRCLE MEAL CHOICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-Sep	2-Sep	3-Sep
<b>LUNCH ORDER FORMS ARE DUE IN THE OFFICE BY THE FIRST DAY OF SCHOOL - MONDAY, AUGUST 16, 2010</b>		HOT LUNCH EXTRA ENTRÉE GRAB-N-GO SOUP & SALAD	HOT LUNCH EXTRA ENTRÉE GRAB-N-GO SOUP & SALAD	No School Teacher Meeting
6-Sep	7-Sep	8-Sep	9-Sep	10-Sep
<b>Labor Day</b>  <b>No School</b>	HOT LUNCH EXTRA ENTRÉE GRAB-N-GO SOUP & SALAD	HOT LUNCH EXTRA ENTRÉE GRAB-N-GO SOUP & SALAD	HOT LUNCH EXTRA ENTRÉE GRAB-N-GO SOUP & SALAD	HOT LUNCH EXTRA ENTRÉE GRAB-N-GO SOUP & SALAD
13-Sep	14-Sep	15-Sep	16-Sep	17-Sep
HOT LUNCH EXTRA ENTRÉE GRAB-N-GO SOUP & SALAD	HOT LUNCH EXTRA ENTRÉE GRAB-N-GO SOUP & SALAD	HOT LUNCH EXTRA ENTRÉE GRAB-N-GO SOUP & SALAD	HOT LUNCH EXTRA ENTRÉE GRAB-N-GO SOUP & SALAD	HOT LUNCH EXTRA ENTRÉE GRAB-N-GO SOUP & SALAD
20-Sep	21-Sep	22-Sep	23-Sep	24-Sep
HOT LUNCH EXTRA ENTRÉE GRAB-N-GO SOUP & SALAD	HOT LUNCH EXTRA ENTRÉE GRAB-N-GO SOUP & SALAD	HOT LUNCH EXTRA ENTRÉE GRAB-N-GO SOUP & SALAD	HOT LUNCH EXTRA ENTRÉE GRAB-N-GO SOUP & SALAD	HOT LUNCH EXTRA ENTRÉE GRAB-N-GO SOUP & SALAD
27-Sep	28-Sep	29-Sep	30-Sep	
HOT LUNCH EXTRA ENTRÉE GRAB-N-GO SOUP & SALAD	HOT LUNCH EXTRA ENTRÉE GRAB-N-GO SOUP & SALAD	HOT LUNCH EXTRA ENTRÉE GRAB-N-GO SOUP & SALAD	HOT LUNCH EXTRA ENTRÉE GRAB-N-GO SOUP & SALAD	

ALL TYPES OF LUNCH K-4 = \$ 2.75    5-8 = \$ 3.25 per meal

HOT LUNCH SECOND ENTRÉE = \$ 1.25



**QUANTITY**



**AMOUNT**



Lunches for : \_\_\_\_\_ X (2.75 OR 3.25) = \_\_\_\_\_

Extra Entrée: \_\_\_\_\_ X (1.25) = \_\_\_\_\_

**TOTAL AMOUNT PAID:** \_\_\_\_\_