

Healthy Habits Lunch



St. Simon School



August 2010

★ Items with star are baked

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

