

# 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



Food Service Consultants, Inc.  
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