










# St. Clement of Rome

## Healthy Habits Lunch

JANUARY 2019

\*= Baked

WG=Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
			<p><b>HOT LUNCH</b></p> <p>PAPA JOHNS PIZZA SALAD COOKIE MILK, FAT FREE</p> <p style="text-align: right;"></p>	<p><b>HOT LUNCH</b></p> <p>*Toasted Ravioli Green Beans Fresh Fruit/Seasonal *Cookie Milk, Fat Free</p>
			<b>Alternate:</b>	<b>Alternate:</b>
			Grilled Cheese	Grilled Cheese
7	8	9	10	11
<p><b>HOT LUNCH</b></p> <p>Pancake Bites Triangle Hash Brown Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p>	<p><b>HOT LUNCH</b></p> <p>Cheeseburger on WG Bun Baby Carrots Jell-O Fresh Fruit/Seasonal Milk, Fat Free</p>	<p><b>HOT LUNCH</b></p> <p>*Cheese Quesadilla Spanish Rice Corn Rainbow Sherbet Milk, Fat Free</p>	<p><b>HOT LUNCH</b></p> <p>PAPA JOHNS PIZZA SALAD COOKIE MILK, FAT FREE</p> <p style="text-align: right;"></p>	<p><b>HOT LUNCH</b></p> <p>*Chicken Nuggets *Au Gratin Potatoes Green Beans Fresh Fruit/Seasonal Milk, Fat Free</p>
<b>Alternate:</b>	<b>Alternate:</b>	<b>Alternate:</b>	<b>Alternate:</b>	<b>Alternate:</b>
Corn Dog	Corn Dog	Corn Dog	Corn Dog	Corn Dog
14	15	16	17	18
<p><b>HOT LUNCH</b></p> <p><b>BREAKFAST FOR LUNCH!</b></p> <p>*French Toast Sticks Syrup *Bacon *Triangle Hash Brown Fresh Fruit/Seasonal Milk, Fat Free</p>	<p><b>HOT LUNCH</b></p> <p>* Chicken Strips BBQ Sauce Corn Fresh Fruit/Seasonal Cookies Milk, Fat Free</p>	<p><b>HOT LUNCH</b></p> <p>Turkey &amp; Swiss on French Raisins Fresh Vegetables &amp; Dip Chilled Pudding Milk, Fat Free</p>	<p><b>HOT LUNCH</b></p> <p>PAPA JOHNS PIZZA SALAD COOKIE MILK, FAT FREE</p> <p style="text-align: right;"></p>	<p>NOON DISMISSAL</p> <p>NO FOOD SERVICE</p>
<b>Alternate:</b>	<b>Alternate:</b>	<b>Alternate:</b>	<b>Alternate:</b>	
Toasted Ravioli	Toasted Ravioli	Toasted Ravioli	Toasted Ravioli	
21	22	23	24	25
<p>NO SCHOOL</p> 	<p><b>HOT LUNCH</b></p> <p>French Dip Potato Chips Fresh Fruit/Seasonal Milk, Fat Free</p>	<p><b>HOT LUNCH</b></p> <p>*Popcorn Chicken *Seasoned Fries Fresh Fruit/Seasonal *Homemade Brownie Milk, Fat Free</p>	<p><b>HOT LUNCH</b></p> <p>PAPA JOHNS PIZZA SALAD COOKIE MILK, FAT FREE</p> <p style="text-align: right;"></p>	<p><b>HOT LUNCH</b></p> <p>Grilled Ham &amp; Cheese on Pretzel Bun Peas &amp; Carrots Fresh Fruit/Seasonal Cookie Milk, Fat Free</p>
	<b>Alternate:</b>	<b>Alternate:</b>	<b>Alternate:</b>	<b>Alternate:</b>
	Hot Dog	Hot Dog	Hot Dog	Hot Dog
28	29	30	31	
<p><b>HOT LUNCH</b></p> <p>1/2 Grilled Cheese Chicken Noodle Soup Fresh Fruit/Seasonal Animal Crackers Milk, Fat Free</p>	<p><b>HOT LUNCH</b></p> <p>Cheeseburger on WG Bun Baby Carrots Jell-O Fresh Fruit/Seasonal Milk, Fat Free</p>	<p><b>HOT LUNCH</b></p> <p>Pancake Bites Triangle Hash Brown Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p>	<p><b>HOT LUNCH</b></p> <p>PAPA JOHNS PIZZA SALAD COOKIE MILK, FAT FREE</p> <p style="text-align: right;"></p>	
<b>Alternate:</b>	<b>Alternate:</b>	<b>Alternate:</b>	<b>Alternate:</b>	
Bosco Stick	Bosco Stick	Bosco Stick	Bosco Stick	

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"**

