

# St. Clement of Rome

## Healthy Habits Lunch

APRIL 2019

\*= Baked

WG=Whole Grain Ingredients

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p><b>HOT LUNCH</b></p> <p>*Jumbo Corn Dog</p> <p>Corn</p> <p>Fresh Fruit/Seasonal</p> <p>*Vanilla Wafers</p> <p>Milk, Fat Free</p>	<p><b>HOT LUNCH</b></p> <p>PAPA JOHNS PEPPERONI PIZZA</p> <p>SALAD</p> <p>COOKIE</p> <p>MILK, FAT FREE</p> 	<p><b>HOT LUNCH</b></p> <p>*Popcorn Chicken</p> <p>*Seasoned Fries</p> <p>Fresh Fruit/Seasonal</p> <p>*Homemade Brownie</p> <p>Milk, Fat Free</p>	<p><b>HOT LUNCH</b></p> <p>PAPA JOHNS PIZZA</p> <p>SALAD</p> <p>COOKIE</p> <p>MILK, FAT FREE</p> 	<p><b>HOT LUNCH</b></p> <p>Pancake Bites</p> <p>Triangle Hash Brown</p> <p>Fresh Fruit/Seasonal</p> <p>Yogurt</p> <p>Milk, Fat Free</p>
<b>Alternate:</b>	<b>Alternate:</b>	<b>Alternate:</b>	<b>Alternate:</b>	<b>Alternate:</b>
Bosco Stick	Bosco Stick	Bosco Stick	Bosco Stick	Bosco Stick
8	9	10	11	12
<p><b>HOT LUNCH</b></p> <p>*Toasted Ravioli</p> <p>Green Beans</p> <p>Fresh Fruit/Seasonal</p> <p>*Cookie</p> <p>Milk, Fat Free</p>	<p><b>HOT LUNCH</b></p> <p>PAPA JOHNS PEPPERONI PIZZA</p> <p>SALAD</p> <p>COOKIE</p> <p>MILK, FAT FREE</p> 	<p><b>HOT LUNCH</b></p> <p><u>BREAKFAST FOR LUNCH!</u></p> <p>*French Toast Sticks</p> <p>Syrup</p> <p>*Bacon</p> <p>*Triangle Hash Brown</p> <p>Fresh Fruit/Seasonal</p> <p>Milk, Fat Free</p>	<p><b>HOT LUNCH</b></p> <p>PAPA JOHNS PIZZA</p> <p>SALAD</p> <p>COOKIE</p> <p>MILK, FAT FREE</p> 	<p><b>HOT LUNCH</b></p> <p>*Bosco Breadstick</p> <p>Sauce</p> <p>Lettuce &amp; Carrot Salad</p> <p>Lite Ranch Dressing</p> <p>Fresh Fruit/Seasonal</p> <p>Oreo Cookies</p> <p>Milk, Fat Free</p>
<b>Alternate:</b>	<b>Alternate:</b>	<b>Alternate:</b>	<b>Alternate:</b>	<b>Alternate:</b>
Grilled Cheese	Grilled Cheese	Grilled Cheese	Grilled Cheese	Grilled Cheese
15	16	17	18	19
<p><b>HOT LUNCH</b></p> <p>PAPA JOHNS PEPPERONI PIZZA</p> <p>SALAD</p> <p>COOKIE</p> <p>MILK, FAT FREE</p> 	<p><b>HOT LUNCH</b></p> <p>*Chicken Nuggets</p> <p>*Au Gratin Potatoes</p> <p>Green Beans</p> <p>Fresh Fruit/Seasonal</p> <p>Milk, Fat Free</p>	<p><b>HOT LUNCH</b></p> <p>PAPA JOHNS PIZZA</p> <p>SALAD</p> <p>COOKIE</p> <p>MILK, FAT FREE</p> 	<p>HOLY THURSDAY</p> <p>Half Day</p> 	<p>GOOD FRIDAY</p> <p>NO SCHOOL</p> 
<b>Alternate:</b>	<b>Alternate:</b>	<b>Alternate:</b>		
Corn Dog	Corn Dog	Corn Dog		
22	23	24	25	26
<p>EASTER MONDAY</p> <p>NO SCHOOL</p> 	<p><b>HOT LUNCH</b></p> <p>PAPA JOHNS PEPPERONI PIZZA</p> <p>SALAD</p> <p>COOKIE</p> <p>MILK, FAT FREE</p> 	<p><b>HOT LUNCH</b></p> <p>* Chicken Strips</p> <p>BBQ Sauce</p> <p>Corn</p> <p>Fresh Fruit/Seasonal</p> <p>Cookies</p> <p>Milk, Fat Free</p>	<p><b>HOT LUNCH</b></p> <p>PAPA JOHNS PIZZA</p> <p>SALAD</p> <p>COOKIE</p> <p>MILK, FAT FREE</p> 	<p><b>HOT LUNCH</b></p> <p>Cheeseburger on WG Bun</p> <p>Baby Carrots</p> <p>Jell-O</p> <p>Fresh Fruit/Seasonal</p> <p>Milk, Fat Free</p>
<b>Alternate:</b>	<b>Alternate:</b>	<b>Alternate:</b>	<b>Alternate:</b>	<b>Alternate:</b>
	Toasted Ravioli	Toasted Ravioli	Toasted Ravioli	Toasted Ravioli
29	30			
<p><b>HOT LUNCH</b></p> <p>Grilled Cheese Sandwich, WG</p> <p>Green Beans</p> <p>Fresh Fruit/Seasonal</p> <p>Cookie</p> <p>Milk, Fat Free</p>	<p><b>HOT LUNCH</b></p> <p>PAPA JOHNS PEPPERONI PIZZA</p> <p>SALAD</p> <p>COOKIE</p> <p>MILK, FAT FREE</p> 			
<b>Alternate:</b>	<b>Alternate:</b>			
Hot Dog	Hot Dog			

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"**

