ASSUMPTION ELEMENTARY SCHOOL

HEALTHY HABITS MENU - August-September 2010

HEALTHY HABITS LUNCH PRICE $2.75 (milk included)

★ **Items with star are baked**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		25	26	27
		★ Baked Chicken Nuggets ★ Baked French Fries Fresh Fruit/Seasonal ★ Homemade Blueberry Treat Milk, 1% Fat	★ French Toast Sticks Syrup ★ Bacon ★ Tater Tots Fresh Fruit/Seasonal Milk, 1% Fat	Hamburger on Bun ★ Tater Tots Green Beans Fresh Fruit/Seasonal Milk, 1% Fat
30	31	1	2	3
★ Bosco Stick Spaghetti Sauce Mixed Vegetables Fruit Cocktail ★ Bug Bites Cinnamon Grahams Milk, 1% Fat	★ Cheese Pizza Tossed Salad Lite Ranch Dressing Fresh Fruit/Seasonal ★ Chocolate Chip Cookie Milk, 1% Fat	★ Baked Mostaciolli Tossed Salad Lite Italian Dressing Peaches ★ Fresh Baked Breadstick Milk, 1% Fat	**12:30 DISMISSAL**	**TEACHER IN-SERVICE** **NO SCHOOL**
6	7	8	9	10
LABOR DAY **NO SCHOOL**	**PAPA JOHNS PIZZA DAY**	★ Chicken Rings ★ Baked French Fries Fresh Fruit/Seasonal Vanilla Wafers Milk, 1% Fat	Macaroni & Cheese Green Beans Fresh Fruit/Seasonal ★ Chocolate Chip Cookie Milk, 1% Fat	★ Soft Baked Pretzels with Cheese Fresh Carrot Sticks Light Ranch Dressing Fresh Fruit/Seasonal LF Pudding Pop Milk, 1% Fat
13	14	15	16	17
★ Popcorn Chicken ★ Seasoned Baked Fries Fresh Fruit/Seasonal ★ Animal Crackers Milk, 1% Fat	★ Sausage Pizza Square Fresh Carrot Sticks Lite Ranch Dressing Pears Jell-O Milk, 1% Fat	★ Bosco Breadstick Spaghetti Sauce Tossed Salad Light Ranch Dressing Applesauce Rice Krispies Treat Milk, 1% Fat	★ Waffle Syrup ★ Tater Gems Peaches Strawberry Yogurt Cup Milk, 1% Fat	Crunchy Taco Spanish Rice Corn Orange Dreamsicle Milk, 1% Fat
20	21	22	23	24
Golden Grilled Cheese Tossed Salad Lite Italian Dressing Applesauce Rice Krispies Square Milk, 1% Fat	**FLINTSTONE'S BIRTHDAY** Dino Nuggets Fred's Potatoes Betty's Veggies Barney's Ice Cream Cup Milk, 1% Fat **SUPERVISOR'S SPECIAL** **ICE CREAM FLOATS 1.00**	**DOMINO'S PIZZA DAY**	★ Jumbo Corn Dog Corn Fresh Fruit/Seasonal ★ Animal Crackers Milk, 1% Fat	**FIELD DAY** **12:30 Dismissal** **NO LUNCH**
27	28	29	30	
Macho Nachos Shredded Lettuce & Tomato Fresh Fruit/Seasonal ★ Churro Milk, 1% Fat	★ Baked Chicken Strips BBQ Sauce Corn Fresh Fruit/Seasonal ★ Blueberry Cookie Milk, 1% Fat	Hot Dog on Bun ★ French Fries with Ketchup Fresh Vegetables Fresh Fruit/Seasonal Milk, 1% Fat	★ Pepperoni Pizza Tossed Salad Lite Ranch Dressing Fresh Fruit/Seasonal ★ Sugar Cookie Milk, 1% Fat	

Daily Hot Ala Carte:

Hamburger	1.40
Cheeseburger-Thick& Juicy	2.15
Cheeseburger	1.55
Bigger Bacon Cheeseburger	1.95
Hot Dog	1.15
Grilled Cheese	1.20
Chicken Pattie	1.80
Extra Cheese	.40
Fresh Baked Cookies	.55-1.05
Baked Potato	1.25
Nachos	1.55
Hot Vegetables	.65
Pasta or Potato	1.25
Fries	1.50

Daily Cold Ala Carte:

Deluxe Expanded Salad Bar	.40 per ounce
Cold Sandwiches	1.25 & up
Fresh Fruit	.45 & up
Ice Cream Novelties	.45 & up
Baked Chips	.75/1.00

SALAD BAR

MONDAY	St. Louis Hill Salad
TUESDAY	Caesar Salad
WEDNESDAY	Pasta Salad
THURSDAY	Ramen Noodle Slaw
FRIDAY	Taco Salad

Beverages:

Skim Milk	.14
White Milk-1%	.14
Chocolate-1%	.16
Orange Drink	.45
Crystal Lite	75
Sunny Delight	.85
Bottled Water	1.00
Capri Sun	.75

WEEKLY SPECIALS:

MONDAY	Chicken Rings & Fries	2.55
TUESDAY	Chicken Bites & Fries	2.80
WEDNESDAY	Chicken Nuggets & Fries	2.35
THURSDAY	Bosco Stick	1.40
FRIDAY	Bosco Pizza	2.00

On Papa John's Day the only other food served is hot dogs, fries, cookies and nachos with cheese.

$1.65 - 1 slice of pizza

$1.95 - 1 slice of pizza and a juice box

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

Food Service Consultants, Inc.

"Serving You With Pride"