

# ASSUMPTION ELEMENTARY SCHOOL

## HEALTHY HABITS MENU - February 2012

**HEALTHY HABITS LUNCH PRICE \$2.85 (milk included)**

★ *Baked*

● *Whole Grain Ingredients*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

<b>PLEASE NOTE ALTERNATE ENTRÉE CAN BE SELECTED DAILY</b>		
<p><b>Daily Hot Ala Carte:</b></p> <ul style="list-style-type: none"> <li>Hamburger 1.50</li> <li>Cheeseburger-Thick &amp; Juicy 2.25</li> <li>Cheeseburger 1.65</li> <li>Bigger Bacon Cheeseburger 2.10</li> <li>Hot Dog 1.15</li> <li>Grilled Cheese 1.30</li> <li>Chicken Pattie 1.85</li> <li>Extra Cheese .40</li> <li>Fresh Baked Cookies .60-1.10</li> <li>Baked Potato 1.25</li> <li>Nachos 1.55</li> <li>Hot Vegetables 1.10</li> <li>Pasta or Potato 1.25</li> <li>Fries 1.60</li> </ul>	<p><b>Daily Cold Ala Carte:</b></p> <ul style="list-style-type: none"> <li>Deluxe Expanded Salad Bar .45 per ounce</li> <li>Cold Sandwiches 1.35 &amp; up</li> <li>Fresh Fruit .55 &amp; up</li> <li>Ice Cream Novelties .55 &amp; up</li> <li>Baked Chips .75/1.00</li> <li>PBJ on Request 1.00</li> </ul>	<p><b>Beverages:</b></p> <ul style="list-style-type: none"> <li>Skim Milk .13</li> <li>White Milk-1% .14</li> <li>Chocolate-1% .15</li> <li>Orange Drink .45</li> <li>Sunny Delight .85</li> <li>Bottled Water 1.00</li> <li>Capri Sun .85</li> </ul>
<b>SALAD BAR</b>		
<p>MONDAY St. Louis Hill Salad</p> <p>TUESDAY Caesar Salad</p> <p>WEDNESDAY Pasta Salad</p> <p>THURSDAY Ramen Noodle Slaw</p> <p>FRIDAY Taco Salad</p>		
<b>WEEKLY SPECIALS:</b>		
<p>MONDAY Chicken Rings &amp; Fries 2.70</p> <p>TUESDAY Chicken Bites &amp; Fries 2.95</p> <p>WEDNESDAY Chicken Nuggets &amp; Fries 2.50</p> <p>THURSDAY Bosco Stick 1.40</p> <p>FRIDAY Bosco Pizza 2.00</p>		
<p><i>On Papa John's Day the only other food served is hot dogs, fries, cookies and nachos with cheese.</i></p> <p style="text-align: center;"><b>\$1.65 - 1 slice of pizza</b></p> <p style="text-align: center;"><b>\$1.95 - 1 slice of pizza and a juice box</b></p>		

*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"**

