



ASCENSION CATHOLIC SCHOOL



Healthy Habits Menu-September 2019

* = Baked

WG = Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
NO SCHOOL 	<u>Alternate Entrée</u> Turkey Sandwich Nachos and Cheese, WG Green Beans Fresh Fruit/Seasonal Churro Milk, Fat Free	<u>Alternate Entrée</u> Mini Corn Dogs *Pizza Stix Lettuce & Carrot Salad Lite Ranch Dressing Fresh Fruit/Seasonal Cookie Milk, Fat Free	<u>Alternate Entrée</u> Hamburger Chicken Strips Seasoned Noodles Lettuce & Carrot Salad Light Ranch Dressing Sherbet Milk, Fat Free	<u>Alternate Entrée</u> Ham & Cheese Golden Grilled Cheese, WG Fresh Vegetables w/dip Fresh Fruit/Seasonal Vanilla Ice Cream Milk, Fat Free SMOOTHIE KING
	<u>Ala Carte Special</u> Taco	<u>Ala Carte Special</u> Popcorn Chicken	<u>Ala Carte Special</u> Chicken Strips	<u>Ala Carte Special</u> Pretzel Texas Sweet
	9	10	11	12
<u>Alternate Entrée</u> Bosco Stick *Lasagna with Meat Sauce *Fresh Breadsticks Tossed Salad Lite Ranch Dressing Fresh Fruit/Seasonal Milk, Fat Free <u>Ala Carte Special</u> Ravioli	<u>Alternate Entrée</u> Chicken Wrap Chicken Taco Spanish Rice Lettuce & Carrot Salad Lite Italian Dressing Fresh Baked Brownie Milk, Fat Free <u>Ala Carte Special</u> Taco	<u>Alternate Entrée</u> Hot Dog Mini Corn Dogs with Ketchup Tossed Salad with Lite Ranch Fresh Fruit/Seasonal Cookie Milk, Fat Free <u>Ala Carte Special</u> Popcorn Chicken	CHICK-FIL-A French Fries Fresh Fruit/Seasonal Milk, Fat Free 	1/2 DAY NO FOOD SERVICE
16	17	18	19	20
<u>Alternate Entrée</u> Ravioli Buttered Noodles Broccoli Cucumber & Tomato Salad Cheese Cubes Breadstick Milk, Fat Free <u>Ala Carte Special</u> Ravioli	<u>Alternate Entrée</u> Turkey Sandwich *Chicken Patty Sandwich WG *French Fries/Ketchup Green Beans Fresh Fruit/Seasonal Milk, Fat Free <u>Ala Carte Special</u> Taco	<u>Alternate Entrée</u> BLT BREAKFAST FOR LUNCH! *French Toast Sticks Syrup *Bacon *Triangle Hash Brown Fresh Fruit/Seasonal Milk, Fat Free <u>Ala Carte Special</u> Popcorn Chicken	<u>Alternate Entrée</u> Hamburger All Natural Hot Dog on Bun *French Fries with Ketchup Fresh Veggies Lite Ranch Dressing Jell-O Milk, Fat Free <u>Ala Carte Special</u> Chicken Strips	PAPA JOHNS CHEESE PIZZA 
23	24	25	26	27
<u>Alternate Entrée</u> Bowtie Primavera Toasted Ravioli Bowtie Pasta W/ Spaghetti Sauce Cooked Broccoli Fresh Fruit/Seasonal Milk, Fat Free <u>Ala Carte Special</u> Ravioli	<u>Alternate Entrée</u> Hot Dog Hamburger on WG Bun *Baked Fries Baby Carrots Fresh Fruit/Seasonal Milk, Fat Free <u>Ala Carte Special</u> Taco	<u>Alternate Entrée</u> Turkey Wrap *Popcorn Chicken *Seasoned Fries Fresh Fruit/Seasonal *Homemade Brownie Milk, Fat Free <u>Ala Carte Special</u> Popcorn Chicken	<u>Alternate Entrée</u> Pizza Stick *Chicken Strips BBQ Sauce Corn Fresh Fruit/Seasonal Cookies Milk, Fat Free <u>Ala Carte Special</u> Chicken Strips	CHICK-FIL-A French Fries Fresh Fruit/Seasonal Milk, Fat Free 
30				
PAPA JOHNS CHEESE PIZZA 				
<u>Ala Carte Special</u> Bosco Stick				



HEALTHY HABITS LUNCH PRICE (INCLUDES MILK)

K - 2 - \$3.90

3 - 8 - \$4.10

ADULT PLATE LUNCH - \$4.00

DELUXE SALAD BAR DAILY

FEATURING SPECIALTY SALAD OF THE DAY

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"

