



ASCENSION CATHOLIC SCHOOL



Healthy Habits Menu-March 2020

* = Baked

WG = Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<u>Alternate Entrée</u> Pasta	<u>Alternate Entrée</u> Cheeseburger	<u>Alternate Entrée</u> Eggs	CHICK-FIL-A DAY 	1/2 DAY NO FOOD SERVICE
Toasted Ravioli Bowtie Pasta W/ Spaghetti Sauce Cooked Broccoli Fresh Fruit/Seasonal Milk, Fat Free	Chicken Patty on WG Bun Chips Jell-O Fresh Fruit/Seasonal Milk, Fat Free	BREAKFAST FOR LUNCH! *French Toast Sticks Syrup *Bacon *Triangle Hash Brown Yogurt Milk, Fat Free		
<u>Ala Carte Special</u> Ravioli/Pasta	<u>Ala Carte Special</u> Soft Taco	<u>Ala Carte Special</u> Popcorn Chicken		
9	10	11	12	13
<u>Alternate Entrée</u> Buttered Noodles	<u>Alternate Entrée</u> Turkey Panini	<u>Alternate Entrée</u> Pizza Stick	<u>Alternate Entrée</u> Pulled Pork	PAPA JOHNS PIZZA DAY
*Lasagna with Meat Sauce *Fresh Breadsticks Tossed Salad Lite Ranch Dressing Fresh Fruit/Seasonal Milk, Fat Free	*Popcorn Chicken *Seasoned Fries Fresh Fruit/Seasonal *Homemade Brownie Milk, Fat Free	Mini Corn Dogs with Ketchup Tossed Salad Fresh Fruit/Seasonal Cookie Milk, Fat Free	* Chicken Strips BBQ Sauce Corn Fresh Fruit/Seasonal Cookie Milk, Fat Free	
<u>Ala Carte Special</u> Ravioli/Pasta	<u>Ala Carte Special</u> Soft Taco	<u>Ala Carte Special</u> Popcorn Chicken	<u>Ala Carte Special</u> Chicken Strips	<u>Ala Carte Special</u> Pretzel
16	17	18	19	20
NO SCHOOL 	NO SCHOOL 			NO SCHOOL
23	24	25	26	27
<u>Alternate Entrée</u> Salami	<u>Alternate Entrée</u> Bagel	<u>Alternate Entrée</u> Burger	CHICK-FIL-A DAY 	<u>Alternate Entrée</u> Noodles
*Pig in a Blanket French Fries Green Beans Fresh Fruit/Seasonal Milk, Fat Free	BREAKFAST FOR LUNCH! *Waffle with Syrup *Sausage Patty Fresh Fruit/Seasonal Strawberry Yogurt Cup Milk, Fat Free	*Popcorn Chicken *Seasoned Fries Fresh Fruit/Seasonal *Homemade Brownie Milk, Fat Free		Grilled Cheese Tomato Soup Salad Milk, Fat Free
<u>Ala Carte Special</u> Ravioli/Pasta	<u>Ala Carte Special</u> Soft Taco	<u>Ala Carte Special</u> Popcorn Chicken		<u>Ala Carte Special</u> Pretzel
30	31			
<u>Alternate Entrée</u> Ravioli	<u>Alternate Entrée</u> Bosco Stick			
*Mostaccioli Tossed Salad Lite Italian Dressing Fresh Fruit/Seasonal *WG Dinner Rolls Milk, Fat Free	PAPA JOHNS PIZZA DAY 			
<u>Ala Carte Special</u> Ravioli/Pasta				

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"

