



ASCENSION CATHOLIC SCHOOL



Healthy Habits Menu-September 2020

*= Baked

WG=Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<u>Alternate Entrée</u> Hamburger *Chicken Nuggets Mashed Potatoes & Gravy Mixed Vegetables Rainbow Sherbet Milk, Fat Free	<u>Alternate Entrée</u> Scrambled Eggs BREAKFAST FOR LUNCH! *French Toast Sticks Syrup *Bacon *Triangle Hash Brown Fresh Fruit/Seasonal Milk, Fat Free	<u>Alternate Entrée</u> Bosco Stick PAPA JOHNS PIZZA DAY 	1/2 Day No Food Service
	<u>Ala Carte Special</u> Soft Taco	<u>Ala Carte Special</u> Popcorn Chicken	<u>Ala Carte Special</u> Chicken Strips	
	<u>Salad of the Day</u> Taco Salad	<u>Salad of the Day</u> St. Louis Hill Salad	<u>Salad of the Day</u> Chef Salad	
	7	8	9	10
NO SCHOOL 	<u>Alternate Entrée</u> Turkey Sandwich *Jumbo Corn Dog Green Beans Fresh Fruit/Seasonal *Vanilla Wafers Milk, Fat Free	<u>Alternate Entrée</u> BLT Wrap Popcorn Chicken French Fries Brownie Milk, Fat Free	<u>Alternate Entrée</u> Ravioli Chicken Strips Seasoned Noodles Lettuce & Carrot Salad Light Ranch Dressing Sherbet Milk, Fat Free	<u>Alternate Entrée</u> Ham Sandwich Golden Grilled Cheese Sandwich, WG Fresh Vegetables w/dip Fresh Fruit/Seasonal Vanilla Ice Cream Milk, Fat Free
	<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
	<u>Salad of the Day</u> Taco Salad	<u>Salad of the Day</u> St. Louis Hill Salad	<u>Salad of the Day</u> Chef Salad	<u>Salad of the Day</u> BLT Salad
	14	15	16	17
<u>Alternate Entrée</u> Bagel BREAKFAST FOR LUNCH! *Waffle with Syrup *Sausage Patty Fresh Fruit/Seasonal Strawberry Yogurt Cup Milk, Fat Free	<u>Alternate Entrée</u> Cheese Quesadilla Mini Tacos Corn Fresh Fruit/Seasonal Fresh Baked Brownie Milk, Fat Free	<u>Alternate Entrée</u> Hamburger Chicken Patty on WG Bun Cheddar Goldfish, WG Raisins Jell-O Milk, Fat Free	<u>Alternate Entrée</u> Buttered Noodles PASTA DAY Spaghetti with Meat Sauce Green Beans *WG Dinner Roll 100% Fruit Juice Bar Milk, Fat Free	<u>Alternate Entrée</u> Popcorn Chicken Sweet N Sour Chicken White Rice Steamed Broccoli Fortune 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
<u>Salad of the Day</u> Chicken Caesar Salad	<u>Salad of the Day</u> Taco Salad	<u>Salad of the Day</u> St. Louis Hill Salad	<u>Salad of the Day</u> Chef Salad	<u>Salad of the Day</u> BLT Salad
21	22	23	24	25
<u>Alternate Entrée</u> Mini Corn Dogs All Natural Hot Dog on Bun Potato Chips Fresh Fruit/Seasonal 2 Oreos Milk, Fat Free	<u>Alternate Entrée</u> Hamburger *Boneless Chicken Drumsticks Mashed Potatoes with Gravy Fresh Fruit/Seasonal *Fresh Baked Brownie Milk, Fat Free	<u>Alternate Entrée</u> Turkey Wrap Hamburger Green Beans Fresh Fruit/Seasonal Jell-O Milk, Fat Free	<u>Alternate Entrée</u> Salami Sandwich *Popcorn Chicken *Seasoned Fries Fresh Fruit/Seasonal *Homemade Brownie Milk, Fat Free	<u>Alternate Entrée</u> Bosco Stick *Toasted Ravioli Green Beans 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
<u>Salad of the Day</u> Chicken Caesar Salad	<u>Salad of the Day</u> Taco Salad	<u>Salad of the Day</u> St. Louis Hill Salad	<u>Salad of the Day</u> Chef Salad	<u>Salad of the Day</u> BLT Salad
28	29	30		
<u>Alternate Entrée</u> Meatball Sub Buttered Noodles Cucumber & Tomato Salad Grapes & Cheese Cubes Breadstick Milk, Fat Free	<u>Alternate Entrée</u> BLT Wrap French Toast Sticks Waffle Breaded Chicken Strip Pancake Syrup Fresh Fruit/Seasonal Yogurt Milk, Fat Free	<u>Alternate Entrée</u> Bosco Stick PAPA JOHNS PIZZA DAY 		
<u>Ala Carte Special</u> Ravioli/Pasta	<u>Ala Carte Special</u> Soft Taco	<u>Ala Carte Special</u> Popcorn Chicken		
<u>Salad of the Day</u> Chicken Caesar Salad	<u>Salad of the Day</u> Taco Salad	<u>Salad of the Day</u> St. Louis Hill Salad		

HEALTHY HABITS LUNCH/SALAD OF THE DAY PRICE (INCLUDES MILK)

K - 2 - \$4.00

3 - 8 - \$4.20

ADULT PLATE LUNCH - \$4.10

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"

