




ASCENSION CATHOLIC SCHOOL



Healthy Habits Menu-October 2020

* = Baked

WG = Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
			1	2
			Alternate Entrée Hamburger *Chicken Nuggets, WG *French Fries Fresh Fruit/Seasonal Flavorful Jell-O Milk, Fat Free Ala Carte Special Chicken Strips Salad of the Day Chef Salad	1/2 DAY NO FOOD SERVICE
5	6	7	8	9
Alternate Entrée Spaghetti Pretzel Bites Veggie Seasonal Fresh Fruit Cake Milk, Fat Free Ala Carte Special Ravioli/Pasta Salad of the Day Chicken Caesar Salad	Alternate Entrée Nachos Mini Tacos Churro Corn Seasonal Fresh Fruit Milk, Fat Free Ala Carte Special Soft Taco/Cheese Quesadilla Salad of the Day Taco Salad	Alternate Entrée Mac & Cheese Chicken Rings Pasta Green Beans Brownie Milk, Fat Free Ala Carte Special Popcorn Chicken Salad of the Day St. Louis Hill Salad	Alternate Entrée Turkey Sandwich Grilled Cheese Sandwich, WG Green Beans Fresh Fruit/Seasonal Cookie Milk, Fat Free Ala Carte Special Chicken Strips Salad of the Day Chef Salad	CHICK-FIL-A FRENCH FRIES SEASONAL FRESH FRUIT MILK, FAT FREE Salad of the Day BLT Salad
12	13	14	15	16
Alternate Entrée Ravioli/Pasta *Bosco Breadstick Sauce Lettuce & Carrot Salad Lite Ranch Dressing Applesauce Oreo Cookies Milk, Fat Free Ala Carte Special Ravioli/Pasta Salad of the Day Chicken Caesar Salad	Alternate Entrée Hot Dog *Popcorn Chicken *Seasoned Fries Fresh Fruit/Seasonal *Homemade Brownie Milk, Fat Free Ala Carte Special Soft Taco/Cheese Quesadilla Salad of the Day Taco Salad	Alternate Entrée Eggs BREAKFAST FOR LUNCH! *French Toast Sticks Syrup *Bacon *Triangle Hash Brown Fresh Fruit/Seasonal Milk, Fat Free Ala Carte Special Popcorn Chicken Salad of the Day St. Louis Hill Salad	Alternate Entrée Ham Sandwich Chicken Strips Corn Fresh Fruit/Seasonal Cookie Milk, Fat Free Ala Carte Special Chicken Strips Salad of the Day Chef Salad	Alternate Entrée Bosco Stick PAPA JOHNS PIZZA DAY  Salad of the Day BLT Salad
19	20	21	22	23
Alternate Entrée Ravioli/Pasta *Jumbo Corn Dog Green Beans Fresh Fruit/Seasonal *Vanilla Wafers Milk, Fat Free Ala Carte Special Ravioli/Pasta Salad of the Day Chicken Caesar Salad	Alternate Entrée Hamburger *Chicken Nuggets Mashed Potatoes & Gravy Mixed Vegetables Rainbow Sherbet Milk, Fat Free Ala Carte Special Soft Taco/Cheese Quesadilla Salad of the Day Taco Salad	Alternate Entrée Bagel BREAKFAST FOR LUNCH! *Waffle with Syrup *Sausage Patty Fresh Fruit/Seasonal Strawberry Yogurt Cup Milk, Fat Free Ala Carte Special Popcorn Chicken Salad of the Day St. Louis Hill Salad	1/2 DAY NO FOOD SERVICE	NO SCHOOL
26	27	28	29	30
Alternate Entrée Hamburger Hot Dog French Fries Veggies Cookie Milk, Fat Free Ala Carte Special Ravioli/Pasta Salad of the Day Chicken Caesar Salad	Alternate Entrée Eggs Pancakes Bacon Triangle Potatoes Seasonal Fresh Fruit Milk, Fat Free Ala Carte Special Soft Taco/Cheese Quesadilla Salad of the Day Taco Salad	Alternate Entrée Sloppy Joes *Popcorn Chicken *Seasoned Fries Fresh Fruit/Seasonal *Homemade Brownie Milk, Fat Free Ala Carte Special Popcorn Chicken Salad of the Day St. Louis Hill Salad	Chicken Strips Seasoned Noodles Lettuce & Carrot Salad Light Ranch Dressing Sherbet Milk, Fat Free Ala Carte Special Chicken Strips Salad of the Day Chef Salad	Alternate Entrée Bosco Stick PAPA JOHNS PIZZA DAY  Salad of the Day BLT 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.

"A Local Company Serving You With Pride"

