




# ASCENSION CATHOLIC SCHOOL



## Healthy Habits Menu-December 2020

\*= Baked

WG=Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1	2	3	4	
	<u>Alternate Entrée</u> Nachos	<u>Alternate Entrée</u> Hamburger	-  <u>JIMMY JOHN'S SPECIAL</u> Turkey & Cheese Sub Chips Seasonal Fresh Fruit Cookie Milk, Fat Free \$5.00 	<u>Alternate Entrée</u> Chicken Wrap	
	Mini Tacos Corn Seasonal Fresh Fruit Churros Milk, Fat Free	Chicken Rings Pasta Salad Brownie Milk, Fat Free		Popcorn Chicken	Popcorn Chicken French Fries Seasonal Fresh Fruit Cake Milk, Fat Free
	<u>Ala Carte Special</u> Taco/Pretzel	<u>Ala Carte Special</u> Popcorn Chicken		<u>Ala Carte Special</u> Bosco Stick/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> BLT Salad	<u>Salad of the Day</u> Garden Salad
7	8	9	10	11	
<u>Alternate Entrée</u> Hamburger	NO SCHOOL	<u>Alternate Entrée</u> Eggs	<u>Alternate Entrée</u> Pretzel Bites	CHICK-FIL-A French Fries Seasonal Fresh Fruit Milk, Fat Free 	
Hot Dog Potato Chips Seasonal Fresh Fruit Oreo Cookies Milk, Fat Free		French Toast Bacon Triangle Potatoes Seasonal Fresh Fruit Milk, Fat Free	Chicken Strips Corn Seasonal Fresh Fruit Cookie Milk, Fat Free		
<u>Ala Carte Special</u> Chicken Rings/Ravioli		<u>Ala Carte Special</u> Popcorn Chicken	<u>Ala Carte Special</u> Chicken Strips		
<u>Salad of the Day</u> Chicken Caesar Salad		<u>Salad of the Day</u> St. Louis Hill Salad	<u>Salad of the Day</u> BLT Salad		<u>Salad of the Day</u> Garden Salad
14	15	16	17	18	
<u>Alternate Entrée</u> Hamburger	<u>Alternate Entrée</u> Cheese Quesadilla	<u>Alternate Entrée</u> Bagel	<u>Alternate Entrée</u> Bosco Stick	EARLY DISMISSAL  NO FOOD SERVICE	
Popcorn Chicken French Fries Seasonal Fresh Fruit Brownie Milk, Fat Free	Pretzel Bites Veggies Seasonal Fresh Fruit Churros Milk, Fat Free	Waffle Sausage Yogurt Seasonal Fresh Fruit Milk, Fat Free	PAPA JOHNS PIZZA DAY SEASONAL FRESH FRUIT COOKIE MILK, FAT FREE 		
<u>Ala Carte Special</u> Chicken Rings/Ravioli	<u>Ala Carte Special</u> Taco/Pretzel	<u>Ala Carte Special</u> Popcorn Chicken	<u>Salad of the Day</u> BLT Salad		
<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> BLT Salad		
21	22	23	24	25	



### 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).



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