



ASCENSION CATHOLIC SCHOOL

Healthy Habits Menu-January 2021



*= Baked

WG=Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
	<u>Alternate Entrée</u> Burgers Hot Dog Chips Seasonal Fresh Fruit Oreo Cookies Milk, Fat Free <u>Ala Carte Special</u> Taco/Pretzel <u>Salad of the Day</u> Taco Salad	<u>Alternate Entrée</u> Bagel Waffle Sausage Yogurt Seasonal Fresh Fruit Milk, Fat Free <u>Ala Carte Special</u> Popcorn Chicken <u>Salad of the Day</u> St. Louis Hill Salad	<u>Alternate Entrée</u> Burger Chicken Nuggets Green Beans Seasonal Fresh Fruit Rice Krispies Treat Milk, Fat Free <u>Ala Carte Special</u> Chicken Strips <u>Salad of the Day</u> BLT Salad	<u>JIMMY JOHN'S SPECIAL</u> Turkey & Cheese Sub Chips Seasonal Fresh Fruit Cookie Milk, Fat Free \$5.00 <u>Salad of the Day</u> Garden Salad
11	12	13	14	15
<u>Alternate Entrée</u> Chicken Rings Pasta Green Beans Brownie Milk, Fat Free <u>Ala Carte Special</u> Ravioli/Chicken Rings <u>Salad of the Day</u> Chicken Caesar Salad	<u>Alternate Entrée</u> Nachos Mini Tacos Corn Churro Seasonal Fresh Fruit Milk, Fat Free <u>Ala Carte Special</u> Taco/Pretzel <u>Salad of the Day</u> Taco Salad	<u>Alternate Entrée</u> Hot Dog Popcorn Chicken French Fries Seasonal Fresh Fruit Cake Milk, Fat Free <u>Ala Carte Special</u> Popcorn Chicken <u>Salad of the Day</u> St. Louis Hill Salad	<u>Alternate Entrée</u> BLT Wrap French Toast Bacon Triangle Potatoes Seasonal Fresh Fruit Milk, Fat Free <u>Ala Carte Special</u> Chicken Strips <u>Salad of the Day</u> BLT Salad	<u>Alternate Entrée</u> Bosco Stick PAPA JOHNS PIZZA DAY SEASONAL FRESH FRUIT COOKIE MILK, FAT FREE <u>Salad of the Day</u> Garden Salad
18	19	20	21	22
MLK DAY NO SCHOOL 	<u>Alternate Entrée</u> Burger Hot Dog Chips Oreo Cookies Milk, Fat Free <u>Ala Carte Special</u> Taco/Pretzel <u>Salad of the Day</u> Taco Salad	<u>Alternate Entrée</u> Turkey Sandwich Chicken Strips Corn Salad Sherbet Milk, Fat Free <u>Ala Carte Special</u> Popcorn Chicken <u>Salad of the Day</u> St. Louis Hill Salad	<u>Alternate Entrée</u> Spaghetti Ravioli Green Beans Seasonal Fresh Fruit Cookie Milk, Fat Free <u>Ala Carte Special</u> Chicken Strips <u>Salad of the Day</u> BLT Salad	CHICK-FIL-A French Fries Seasonal Fresh Fruit Milk, Fat Free <u>Salad of the Day</u> Garden Salad
25	26	27	28	29
<u>Alternate Entrée</u> Burger Chicken Patty Chips Jell-O Seasonal Fresh Fruit Milk, Fat Free <u>Ala Carte Special</u> Ravioli/Chicken Rings <u>Salad of the Day</u> Chicken Caesar Salad	<u>Alternate Entrée</u> Eggs Pancakes Bacon Triangle Potatoes Seasonal Fresh Fruit Milk, Fat Free <u>Ala Carte Special</u> Taco/Pretzel <u>Salad of the Day</u> Taco Salad	<u>Alternate Entrée</u> Sloppy Joe Popcorn Chicken French Fries Seasonal Fresh Fruit Milk, Fat Free <u>Ala Carte Special</u> Popcorn Chicken <u>Salad of the Day</u> St. Louis Hill Salad	<u>Alternate Entrée</u> Turkey Sandwich Grilled Cheese Green Beans Seasonal Fresh Fruit Cookies Milk, Fat Free <u>Ala Carte Special</u> Chicken Strips <u>Salad of the Day</u> BLT Salad	<u>Alternate Entrée</u> Bosco Stick PAPA JOHNS PIZZA DAY SEASONAL FRESH FRUIT COOKIE MILK, FAT FREE <u>Ala Carte Special</u> Bosco Stick <u>Salad of the Day</u> Garden 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"

