



# ASCENSION CATHOLIC SCHOOL

## Healthy Habits Menu

August-September 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24	25	26	27	28
Chicken Rings Baked French Fries Chilled Fruit Vanilla Wafers Milk, 1% Fat	Hot Dog on Bun Smiles Shaped Potatoes Pork and Beans Whole Frozen Fruit Juice Ba Milk, 1% Fat	French Toast Sticks Syrup Bacon Tater Tots Fruit Cocktail Milk, 1% Fat	Boneless Chicken Drumsticks Mashed Potatoes with Gravy Chilled Applesauce Fresh Baked Brownie Milk, 1% Fat	Cheeseburger on Bun Fresh Carrot Sticks Mini Twist Pretzels Chilled Fruit Milk, 1% Fat
<b>Toasted Ravioli</b>	<b>Chicken Strips</b>	<b>Cheese Pizza</b>	<b>Chicken Rings</b>	<b>Bosco Stick</b>
31	1	2	3	4
Jumbo Corn Dog Cooked Carrots Applesauce Mini Muffins Milk, 1% Fat	Fettuccini Alfredo Steamed Broccoli Fresh Baked Breadsticks Chocolate Chip Cookie Milk, 1% Fat	Baked Chicken Strips BBQ Sauce Corn Chilled Fruit Blueberry Cookie Milk, 1% Fat	Macho Nachos Shredded Lettuce & Tomato Chilled Fruit Oreo Cookies Milk, 1% Fat	Bosco Stick Spaghetti Sauce Mixed Vegetables Fruit Cocktail Chocolate Chip Granola Bar Milk, 1% Fat
<b>Toasted Ravioli</b>	<b>Chicken Strips</b>	<b>Cheese Pizza</b>	<b>Chicken Rings</b>	<b>Bosco Stick</b>
7	8	9	10	11
<b>LABOR DAY</b>  <b>NO SCHOOL</b> 	Pancake with Syrup Sausage Patty Chilled Fruit Tator Tots Milk, 1% Fat	Chicken Rings Seasoned Noodles Dressed Salad & Ranch Dressing Sherbet Milk, 1% Fat	Stuffed Crust Cheese Pizza Lettuce & Carrot Salad Lite Italian Dressing Colorful Jell-O Fruit Cocktail Milk, 1% Fat	<b>EARLY DISMISSAL</b> <b>NO LUNCH</b>
	<b>Chicken Strips</b>	<b>Cheese Pizza</b>	<b>Chicken Rings</b>	
14	15	16	17	18
Hot Dog on Bun French Fries with Ketchup Fresh Vegetables Fresh Fruit Milk, 1% Fat	Baked Chicken Drumstick Buttered Noodles Mixed Vegetables Fudge Brownie Milk, 1% Fat	Macaroni & Cheese Green Beans Fresh Vegetables w/dip Chocolate Chip Cookie Milk, 1% Fat	Popcorn Chicken Wrap Mini Twist Pretzels Chilled Fruit Cup Fresh Vegetables Milk, 1% Fat	Toasted Ravioli Green Beans Fruit Cocktail Teddy Graham Cubs Milk, 1% Fat
<b>Toasted Ravioli</b>	<b>Chicken Strips</b>	<b>Cheese Pizza</b>	<b>Chicken Rings</b>	<b>Bosco Stick</b>
21	22	23	24	25
Soft Baked Pretzels with Cheese Fresh Carrot Sticks Light Ranch Dressing Chilled Fruit LF Pudding Pop Milk, 1% Fat	Spaghetti with Meat Sauce Green Beans Fresh Baked Breadstick Rice Krispies Square Milk, 1% Fat	Scrambled Eggs Hash Browns Chilled Fruit Biscuit with Margarine Milk, 1% Fat	Chicken Giggles on Bun Baked Potato Chips Cooked Carrots Low-Fat Cookies & Cream Ice Cream Bar Milk, 1% Fat	Popcorn Shrimp Curly Fries Mixed Vegetables Blueberry Cookie Milk, 1% Fat
<b>Toasted Ravioli</b>	<b>Chicken Strips</b>	<b>Cheese Pizza</b>	<b>Chicken Rings</b>	<b>Bosco Stick</b>
28	29	30		
Baked Chicken Nuggets Potato Spudsters & Ketchup Mandarin Oranges Chilled Pudding Milk, 1% Fat	Cheeseburger on Bun Tator Tots Carrot Sticks Chilled Fruit Milk, 1% Fat	Papa Johns Pizza Fresh Fruit Cookie Milk, 1% Fat		
<b>Toasted Ravioli</b>	<b>Chicken Strips</b>	<b>Cheese Pizza</b>		
<b>HEALTHY HABITS LUNCH PRICE (INCLUDES MILK)</b>				
K - 3 - \$2.70		4 - 8 - \$2.90		
ADULT PLATE LUNCH - \$2.50				
<b>DELUXE SALAD BAR DAILY</b>				
<b>FEATURING SPECIALTY SALAD OF THE DAY</b>				

Food Service Consultants, Inc.

"Serving You With Pride"

# ASCENSION CATHOLIC SCHOOL

## Healthy Habits Menu

October 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Bosco Stick  Spaghetti Sauce Mixed Vegetables Fruit Cocktail Chocolate Chip Granola Bar Milk, 1% Fat	2 Chicken Rings Baked French Fries Chilled Fruit Vanilla Wafers Milk, 1% Fat 
5	6	7	8	9
French Toast Sticks Syrup Bacon Tater Tots Fruit Cocktail Milk, 1% Fat	Boneless Chicken Drumsticks Mashed Potatoes with Gravy Chilled Applesauce Fresh Baked Brownie Milk, 1% Fat	Jumbo Corn Dog  Spaghetti Rings Fruit Cocktail Animal Crackers Milk, 1% Fat	Baked Chicken Strips BBQ Sauce Corn  Chilled Fruit Blueberry Cookie Milk, 1% Fat	Toasted Ravioli Green Beans Fruit Cocktail Teddy Graham Cubs Milk, 1% Fat 
<b>Toasted Ravioli</b>	<b>Chicken Strips</b>	<b>Cheese Pizza</b>	<b>Chicken Rings</b>	<b>Bosco Stick</b>
12	13	14	15	16
Baked Chicken Nuggets Baked French Fries Chilled Fruit Mini Blueberry Muffins Milk, 1% Fat	Pancake with Syrup Sausage Patty Chilled Fruit  Tater Tots  Milk, 1% Fat	Soft Chicken Taco  Spanish Rice Pineapple Chunks Low Fat Pudding Pop Milk, 1% Fat	Papa John's Pizza Chilled Fruit Cookie Milk, 1% Fat	1/2 Day  No Lunch
<b>Toasted Ravioli</b>	<b>Chicken Strips</b>	<b>Cheese Pizza</b>	<b>Chicken Rings</b>	
19	20	21	22	23
No School	Baked Chicken Drumstick Buttered Noodles  Mixed Vegetables Fudge Brownie Milk, 1% Fat	Waffle  Syrup Tater Gems Peaches Strawberry Yogurt Cup Milk, 1% Fat	Chicken Giggles on Bun Baked Potato Chips Cooked Carrots  Low-Fat Cookies & Cream Ice Cream Bar Milk, 1% Fat	Pizza Stix Tossed Salad Lite Italian Dressing Chilled Fruit Chocolate Brownie Milk, 1% Fat
	<b>Chicken Strips</b>	<b>Cheese Pizza</b>	<b>Chicken Rings</b>	<b>Bosco Stick</b>
26	27	28	29	30
Chicken Fries Rice Pilaf Chilled Fruit M & M Cookie Milk, 1% Fat	Hamburger on Bun BBQ Sauce Scrabble Cheez-Its Seasoned Green Beans Whole Frozen Fruit Juice Bar Milk, 1% Fat	Popcorn Chicken Wrap Mini Twist Pretzels Chilled Fruit Cup Fresh Vegetables Milk, 1% Fat	Scrambled Eggs Hash Browns Chilled Fruit Biscuit with Margarine Milk, 1% Fat	Papa John's Pizza Chilled Fruit Cookie Milk, 1% Fat 
<b>Toasted Ravioli</b>	<b>Chicken Strips</b>	<b>Cheese Pizza</b>	<b>Chicken Rings</b>	<b>Bosco Stick</b>

HEALTHY HABITS LUNCH PRICE (INCLUDES MILK)

K - 3 - \$2.70

4 - 8 - \$2.90

ADULT PLATE LUNCH - \$2.50

DELUXE SALAD BAR DAILY  
 FEATURING SPECIALTY SALAD OF THE DAY

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