



ASCENSION CATHOLIC SCHOOL

Healthy Habits Menu-January 2011



★ Items with star are baked

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
★ Bosco Stick Spaghetti Sauce Mixed Vegetables Fruit Cocktail ★ Bug Bites Cinnamon Grahams Milk, 1% Fat Ravioli/Panini	★ Boneless Chicken Drumsticks Mashed Potatoes with Gravy Chilled Applesauce ★ Fresh Baked Brownie Milk, 1% Fat Chicken Strips	★ Jumbo Corn Dog Corn Fresh Fruit/Seasonal ★ Animal Crackers Milk, 1% Fat Popcorn Chicken	★ Battered Chicken Nuggets Sweet & Sour Sauce Tossed Salad Lite Ranch Dressing Fresh Vegetables Rice Krispies Treat Milk, 1% Fat Chicken Rings	SUPERVISOR SPECIAL PANCAKES  Cheese Pizza
10	11	12	13	14
★ Chicken Rings ★ Baked French Fries Fresh Fruit/Seasonal Vanilla Wafers Milk, 1% Fat Ravioli/Panini	★ Soft Baked Pretzels with Cheese Fresh Carrot Sticks Light Ranch Dressing Fresh Fruit/Seasonal LF Pudding Pop Milk, 1% Fat Chicken Strips	★ Baked Chicken Strips BBQ Sauce Corn Fresh Fruit/Seasonal ★ Blueberry Cookie Milk, 1% Fat Popcorn Chicken	★ French Toast Sticks Syrup ★ Bacon ★ Tater Tots Fresh Fruit/Seasonal Milk, 1% Fat Chicken Rings	PAPA JOHN'S PIZZA DAY  Cheese Pizza
17	18	19	20	21
MARTIN LUTHER KING DAY NO SCHOOL	★ Baked Chicken Drumstick Buttered Noodles Mixed Vegetables ★ Fudge Brownie Milk, 1% Fat Chicken Strips	★ Baked Mostaccioli Tossed Salad Lite Italian Dressing Peaches ★ Fresh Baked Breadstick Milk, 1% Fat Popcorn Chicken	★ Waffle Syrup ★ Tater Gems Peaches Strawberry Yogurt Cup Milk, 1% Fat Chicken Rings	Macaroni & Cheese Green Beans Fresh Fruit/Seasonal ★ Chocolate Chip Cookie Milk, 1% Fat Cheese Pizza
24	25	26	27	28
★ Toasted Ravioli Green Beans Fruit Cocktail ★ Teddy Graham Cubs Milk, 1% Fat Ravioli/Panini	Nachos and Cheese Fresh Fruit/Seasonal Shredded Lettuce & Tomato Salad ★ Brownie Milk, 1% Fat Chicken Strips	Chicken Alfredo Tossed Salad Fresh Fruit/Seasonal ★ Breadstick Milk, 1% Fat Popcorn Chicken	★ Pizza Stix Tossed Salad Lite Ranch Dressing Fresh Fruit/Seasonal ★ Chocolate Brownie Milk, 1% Fat Chicken Rings	★ Popcorn Chicken ★ Seasoned Baked Fries Fresh Fruit/Seasonal ★ Animal Crackers Milk, 1% Fat Cheese Pizza
31				
PAPA JOHN'S PIZZA DAY  Ravioli/Panini				

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

All FSC menus follow the USDA guidelines & Archdiocese Wellness Plan and have been approved by Registered Dietitian Associates, Inc.



Food Service Consultants, Inc.

"Serving You With Pride"





Items with star are baked

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	★ Bar-B-Q Drumstick Buttered Noodles Green Beans 100% Frozen Fruit Juice Bar Milk, 1% Fat	WHITE CASTLES FRENCH FRIES 	★ Chicken Rings/BBQ Sauce Rice Pilaf Fresh Fruit/Seasonal ★ Carnival Cookie Milk, 1% Fat ICE CREAM FLOATS 	PANCAKES WITH TOPPINGS BACON POTATOES Milk, 1% Fat 
	Chicken Fingers	Popcorn Chicken	Chicken Rings	Bosco Breadstick
7	8	9	10	11
★ Boneless Chicken Drumsticks Mashed Potatoes with Gravy Chilled Applesauce ★ Fresh Baked Brownie Milk, 1% Fat	★ French Toast Sticks Syrup ★ Bacon ★ Tater Tots Fresh Fruit/Seasonal Milk, 1% Fat	★ Roasted Chicken Nuggets ★ Cheesy Hash Browns Mandarin Oranges Chilled Pudding Milk, 1% Fat	★ Bosco Breadstick Spaghetti Sauce Tossed Salad Light Ranch Dressing Applesauce Rice Krispies Treat Milk, 1% Fat	EARLY DISMISSAL
Ravioli	Chicken Fingers	Popcorn Chicken	Chicken Rings	
14	15	16	17	18
PAPA JOHN'S PIZZA DAY 	★ Baked Chicken Strips BBQ Sauce Corn Fresh Fruit/Seasonal ★ Blueberry Cookie Milk, 1% Fat	★ Toasted Ravioli Green Beans Fruit Cocktail ★ Teddy Graham Cubs Milk, 1% Fat	★ Chicken Giggle on Bun ★ Baked Potato Chips Cooked Carrots Bomb Pop Milk, 1% Fat	★ Waffle Syrup ★ Tater Gems Peaches Strawberry Yogurt Cup Milk, 1% Fat
Chicken Fingers	Popcorn Chicken	Chicken Rings	Bosco Breadstick	
21	22	23	24	25
NO SCHOOL 	★ Jumbo Corn Dog Corn Fresh Fruit/Seasonal ★ Animal Crackers Milk, 1% Fat	★ Baked Chicken Nuggets ★ Baked French Fries Fresh Fruit/Seasonal ★ Homemade Blueberry Treat Milk, 1% Fat	Macaroni & Cheese Green Beans Fresh Fruit/Seasonal ★ Chocolate Chip Cookie Milk, 1% Fat	★ Chicken Rings/BBQ Sauce Rice Pilaf Fresh Fruit/Seasonal ★ Carnival Cookie Milk, 1% Fat
Chicken Fingers	Popcorn Chicken	Chicken Rings	Bosco Breadstick	
28				
PAPA JOHN'S PIZZA DAY 				

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DELUXE SALAD BAR DAILY

FEATURING SPECIALTY SALAD OF THE DAY

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