



SETON REGIONAL CATHOLIC SCHOOL







HEALTHY HABITS MENU-MAY 2021



Items subject to change

* = Baked

WG=Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
ENTRÉE CHOICE 1 Meatball Sub ENTRÉE CHOICE 2 Nachos with Cheese SIDE ITEMS: Lattice Chips Seasonal Fresh Fruit Milk, Fat Free	ENTRÉE CHOICE 1 Lasagna BAKED POTATO TUESDAY ENTRÉE CHOICE 2 Fish Stick SIDE ITEMS: *Fresh Breadsticks Tossed Salad Lite Ranch Dressing Seasonal Fresh Fruit Milk, Fat Free	ENTRÉE CHOICE 1 *Pancake with Syrup ENTRÉE CHOICE 2 Biscuit & Gravy SIDE ITEMS: *Sausage Patty Seasonal Fresh Fruit Yogurt Milk, Fat Free	Domino's Cheese Pizza  SIDE ITEMS: Seasonal Fresh Fruit Veggie Cookie Milk, Fat Free No Alternate	1/2 DAY NO FOOD SERVICE 
10	11	12	13	14
ENTRÉE CHOICE 1 *Toasted Ravioli ENTRÉE CHOICE 2 Cheese Quesadilla SIDE ITEMS: Green Beans Seasonal Fresh Fruit *Cookie Milk, Fat Free	ENTRÉE CHOICE 1 *Pizza Stix BAKED POTATO TUESDAY ENTRÉE CHOICE 2 Chicken Nuggets SIDE ITEMS: Lettuce & Carrot Salad Lite Ranch Dressing Seasonal Fresh Fruit Cookie Milk, Fat Free	ENTRÉE CHOICE 1 *Waffle with Syrup ENTRÉE CHOICE 2 French Toast Sticks SIDE ITEMS: *Sausage Patty Seasonal Fresh Fruit Strawberry Yogurt Cup Milk, Fat Free	Domino's Cheese Pizza  SIDE ITEMS: Seasonal Fresh Fruit Seasoned Corn Fortune Cookie Milk, Fat Free No Alternate	ENTRÉE CHOICE 1 Hamburger on WG Bun ENTRÉE CHOICE 2 Spaghetti SIDE ITEMS: *Baked Fries Baby Carrots Seasonal Fresh Fruit Milk, Fat Free
17	18	19	20	21
ENTRÉE CHOICE 1 Sweet N Sour Chicken ENTRÉE CHOICE 2 Mini Taco SIDE ITEMS: White Rice Steamed Broccoli Fortune Cookie Milk, Fat Free	ENTRÉE CHOICE 1 Fettuccini Alfredo BAKED POTATO TUESDAY ENTRÉE CHOICE 2 Popcorn Chicken SIDE ITEMS: Steamed Broccoli *Fresh Breadsticks *Cookie Milk, Fat Free	ENTRÉE CHOICE 1 *French Toast Sticks with Syrup ENTRÉE CHOICE 2 Pancake SIDE ITEMS: *Bacon *Triangle Hash Brown Seasonal Fresh Fruit Milk, Fat Free	Domino's Cheese Pizza  SIDE ITEMS: Seasonal Fresh Fruit Green Beans Cookie Milk, Fat Free No Alternate	ENTRÉE CHOICE 1 Golden Grilled Cheese Sandwich, WG ENTRÉE CHOICE 2 Chicken Nuggets SIDE ITEMS: Seasonal Fresh Fruit w/dip Seasonal Fresh Fruit Bomb Pop Milk, Fat Free
24	25	26	27	28
ENTRÉE CHOICE 1 Nachos and Cheese, WG ENTRÉE CHOICE 2 Jumbo Corn Dog SIDE ITEMS: Green Beans Seasonal Fresh Fruit Churro Milk, Fat Free	ENTRÉE CHOICE 1 All Natural Hot Dog on Bun BAKED POTATO TUESDAY ENTRÉE CHOICE 2 Bosco Stick SIDE ITEMS: *French Fries with Ketchup Fresh Veggies Lite Ranch Dressing Jell-O Milk, Fat Free	ENTRÉE CHOICE 1 Biscuit and Gravy ENTRÉE CHOICE 2 Waffle SIDE ITEMS: Scrambled Eggs Hash Brown Triangle Seasonal Fresh Fruit Milk, Fat Free	Domino's Cheese Pizza  SIDE ITEMS: Seasonal Fresh Fruit Broccoli Cookie Milk, Fat Free No Alternate	1/2 DAY NO FOOD SERVICE 
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HAVE A GREAT SUMMER! SEE YOU IN THE FALL!

**Ala Carte Drinks**

White Milk -.13
 Chocolate Milk-.18
 Flavored Milk -.18
 Capri Sun - 1.50
 Water -.60 & .75
 Sunny D - 1.25

Snacks

All Baked Chips -1.25
 100 Calorie Packs - 1.15
 Nutri Grain Bars - 1.25

Ice Cream 1.15 & up

DAILY ITEMS

Ala Carte Special
 MONDAY-Chicken Strips & Fries-3.60
 TUESDAY-Toasted Ravioli & Sauce-2.75
 WEDNESDAY-2 Bosco Sticks with Sauce-3.50
 THURSDAY-Bacon Cheeseburger with Chips-3.75
 FRIDAY-Chicken Chunks & Fries 3.65

Boxed Garden Salad

HOT LUNCH - PRESCHOOL -\$4.05- GRADES GRADES K-2 \$4.30- GRADES 3-8 \$4.55 4.55- FACULTY-\$4.05



Food Service Consultants, Inc.
"A Local Company Serving You With Pride"

