



INCARNATE WORD PARISH SCHOOL

HEALTHY HABITS MENU

February 2012



★ Baked

● Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>February</p>		<p>1</p> <p>HOT LUNCH</p> <ul style="list-style-type: none"> ★ Bosco Stick Spaghetti Sauce Mixed Vegetables ★ Fruit Cocktail ★ Bug Bites Cinnamon Grahams ★ Milk, 1% Fat <p>ALTERNATE</p> <p>Pizza Stix</p> <p>GRAB-N-GO</p> <p>Ham & Cheese on Bagel</p> <ul style="list-style-type: none"> ★ Scrabble Cheez-Its Applesauce ★ Teddy Grahams Milk, 1% Fat 	<p>2</p> <p>HOT LUNCH</p> <p>GROUNDHOG DAY</p> <ul style="list-style-type: none"> Groundhog Hot Dog Shadow French Fries Sunshine Peaches Chip Cookie My Shadow Milk <p>ALTERNATE</p> <p>Pork Rib Sandwich</p> <p>GRAB-N-GO</p> <p>Popcorn Chicken Wrap</p> <ul style="list-style-type: none"> ★ Mini Twist Pretzels Fresh Fruit/Seasonal Fresh Vegetables & Dip Milk, 1% Fat 	<p>PAPA'S IN THE HOUSE! 3</p> <p>HOT LUNCH</p> <p>Papa Johns Pizza</p> <p>NO ALTERNATE</p> <p>GRAB-N-GO</p> <p>String Cheese Sticks & Crackers</p> <p>Veggies & Dip</p> <p>Fresh Fruit/Seasonal</p> <p>Yogurt</p> <p>Milk, 1% Fat</p>
<p>6</p> <p>HOT LUNCH</p> <p>BREAKFAST FOR LUNCH!</p> <ul style="list-style-type: none"> ★ French Toast Sticks Syrup ★ Ham Patty ★ Tater Tots ★ Apple Snapz Milk, 1% Fat <p>ALTERNATE</p> <p>Pancake & Sausage on a Stick</p> <p>GRAB-N-GO</p> <ul style="list-style-type: none"> ● Trix Cereal Bar Banana Lowfat Yogurt Hard Boiled Egg Milk, 1% Fat 	<p>7</p> <p>HOT LUNCH</p> <p>NATIONAL FETTUCCINE ALFREDO DAY!</p> <ul style="list-style-type: none"> Fettuccine Alfredo Cooked Carrots Breadsticks Chocolate Chip Cookie Milk, 1% Fat <p>ALTERNATE</p> <p>Ravioli in a Can</p> <p>GRAB-N-GO</p> <p>Bagel & Cream Cheese</p> <p>Fresh Fruit/Seasonal</p> <p>Raisins</p> <p>Yogurt</p> <p>Milk, 1% Fat</p>	<p>8</p> <p>HOT LUNCH</p> <ul style="list-style-type: none"> ★ Boneless Chicken Drumsticks Mashed Potatoes with Gravy Chilled Applesauce ★ Fresh Brownie Milk, 1% Fat <p>ALTERNATE</p> <p>Jumbo Corn Dog</p> <p>GRAB-N-GO</p> <p>BLT Wrap</p> <p>Fresh Fruit/Seasonal</p> <p>Strawberry Yogurt <ul style="list-style-type: none"> ★ Cheddar Goldfish Milk, 1% Fat </p>	<p>9</p> <p>HOT LUNCH</p> <p>MANAGER'S SPECIAL</p> <p>MACHO NACHOS</p> <p>\$3.25</p> <p>NO ALTERNATE</p> <p>GRAB-N-GO</p> <ul style="list-style-type: none"> ● Ham & Cheese Sandwich Fresh Vegetables w/dip Pineapple Chunks Oreo Cookies Milk, 1% Fat 	<p>10</p> <p>HOT LUNCH</p> <ul style="list-style-type: none"> ★ Popcorn Chicken ★ Seasoned Fries Fresh Fruit/Seasonal ★ Animal Crackers Milk, 1% Fat <p>ALTERNATE</p> <p>Pork Rib Sandwich</p> <p>GRAB-N-GO</p> <ul style="list-style-type: none"> ● Tuna Salad Sandwich ★ Sun Chips Veggies & Dip Fresh Fruit/Seasonal Milk, 1% Fat
<p>13</p> <p>HOT LUNCH</p> <ul style="list-style-type: none"> Grilled Cheese Sandwich Chips Fresh Fruit Low Fat Chilled Pudding Milk, 1% Fat <p>ALTERNATE</p> <p>Sloppy Joe</p> <p>GRAB-N-GO</p> <ul style="list-style-type: none"> Popcorn Chicken Wrap ★ Mini Twist Pretzels Fresh Fruit/Seasonal Fresh Vegetables & Dip Milk, 1% Fat 	<p>14</p> <p>HOT LUNCH</p> <p>VALENTINE'S DAY</p> <ul style="list-style-type: none"> Cupid's Heart Nuggets Be Mine Tator Tots Forever Yours Fruit Valentine Cookie My Love Milk <p>ALTERNATE</p> <p>Boneless Chicken Drumsticks</p> <p>GRAB-N-GO</p> <p>Bagel & Cream Cheese</p> <p>Fresh Fruit/Seasonal</p> <p>Raisins</p> <p>Yogurt</p> <p>Milk, 1% Fat</p>	<p>15</p> <p>HOT LUNCH</p> <ul style="list-style-type: none"> ★ Soft Pretzels with Cheese Fresh Carrot Sticks Light Ranch Dressing Fresh Fruit/Seasonal Bomb Pop Milk, 1% Fat <p>ALTERNATE</p> <p>Chicken Rings</p> <p>GRAB-N-GO</p> <p>Chicken Snack Wrap</p> <p>Fresh Carrots & Broccoli with Dip</p> <p>Pears <p>Fruit Snack</p> <p>Milk, 1% Fat</p> </p>	<p>16</p> <p>HOT LUNCH</p> <ul style="list-style-type: none"> ★ Chicken Rings ★ French Fries Fresh Fruit/Seasonal Vanilla Wafers Milk, 1% Fat <p>ALTERNATE</p> <p>Toasted Ravioli</p> <p>GRAB-N-GO</p> <p>Roast Beef Sandwich on French</p> <p>Fresh Vegetables w/dip</p> <ul style="list-style-type: none"> ★ Animal Crackers Fresh Fruit/Seasonal Milk, 1% Fat 	<p>17</p> <p>1/2 DAY</p> <p>NO FOODSERVICE</p>
<p>20</p> <p>PRESIDENTS DAY</p> <p>NO SCHOOL</p>	<p>FAT TUESDAY</p> <p>HOT LUNCH</p> <p>SUPERVISOR'S SPECIAL</p> <ul style="list-style-type: none"> Jumbo Corn Dog French Fries Fresh Fruit Chocolate Chip Cookie Milk, 1% Fat <p>FUNNEL CAKES \$1.25</p> <p>GRADES 3-8</p> <p>GRAB-N-GO</p> <ul style="list-style-type: none"> ● Poor Boy on Coney Bun ★ Potato Chips Fresh Fruit/Seasonal Rice Krispies Treats Milk, 1% Fat 	<p>ASH WEDNESDAY 22</p> <p>HOT LUNCH</p> <p>ASH WEDNESDAY</p> <ul style="list-style-type: none"> Wacky Waffle Wednesday Tasty Tator Tots Funny Fruit Juice Bar Yo-Yo Yogurt Mirthful Milk <p>ALTERNATE</p> <p>French Toast Sticks</p> <p>GRAB-N-GO</p> <ul style="list-style-type: none"> ● Cheerios with Milk Banana Low fat Yogurt ★ Homemade Muffin Treat Milk, 1% Fat 	<p>23</p> <p>HOT LUNCH</p> <ul style="list-style-type: none"> ★ Chicken Drumstick Buttered Noodles Mixed Vegetables ★ Fudge Brownie Milk, 1% Fat <p>ALTERNATE</p> <p>Chicken Rings</p> <p>GRAB-N-GO</p> <ul style="list-style-type: none"> ● Ham & Cheese Sandwich Fresh Vegetables w/dip Pineapple Chunks Oreo Cookies Milk, 1% Fat 	<p>24</p> <p>HOT LUNCH</p> <p>Papa Johns Pizza</p> <p>NO ALTERNATE</p> <p>GRAB-N-GO</p> <p>String Cheese Sticks & Crackers</p> <p>Veggies & Dip</p> <p>Fresh Fruit/Seasonal</p> <p>Yogurt</p> <p>Milk, 1% Fat</p>
<p>27</p> <p>HOT LUNCH</p> <ul style="list-style-type: none"> ★ Chicken Strips BBQ Sauce Corn Fresh Fruit/Seasonal ★ Honey Graham Crackers Milk, 1% Fat <p>ALTERNATE</p> <p>Bosco Sticks</p> <p>GRAB-N-GO</p> <p>Roast Beef Sandwich on French</p> <p>Fresh Vegetables w/dip</p> <ul style="list-style-type: none"> ★ Animal Crackers Fresh Fruit/Seasonal Milk, 1% Fat 	<p>28</p> <p>HOT LUNCH</p> <ul style="list-style-type: none"> ★ Toasted Ravioli Green Beans Fruit Cocktail ★ Teddy Graham Cubs Milk, 1% Fat <p>ALTERNATE</p> <p>Chicken Rings</p> <p>● Tuna Salad Sandwich</p> <ul style="list-style-type: none"> ★ Sun Chips Veggies & Dip Fresh Fruit/Seasonal Milk, 1% Fat 	<p>29</p> <p>HOT LUNCH</p> <p>SUPERMAN'S BIRTHDAY</p> <ul style="list-style-type: none"> Super Burger Daily Planet Peaches Kryptonite Cookie Metropolis Fries Clark Kent Milk <p>ALTERNATE</p> <p>Cheeseburger</p> <p>GRAB-N-GO</p> <p>Bagel & Cream Cheese</p> <p>Fresh Fruit/Seasonal</p> <p>Raisins</p> <p>Yogurt</p> <p>Milk, 1% Fat</p>		

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"

