

HOLY SPIRIT CATHOLIC SCHOOL HEALTHY HABITS SPECIALS-OCTOBER 2018



FSc.

Plate Lunch Prices K-8th \$3.50 Extra Entrée \$1.50

	Extra Entrée \$1.50			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH
*Pig in a Blanket	Cheeseburger on WG Bun	BBQ Chicken Drumstick	BREAKFAST FOR LUNCH!	DOMINO'S PIZZA
Smiley Face Potatoes	Baby Carrots	Buttered Noodles	*French Toast Sticks	SALAD
Green Beans	Jell-O	Green Beans	Syrup	FRESH FRUIT/SEASONAL
Milk, Fat Free	Fresh Fruit/Seasonal	Fresh Fruit/Seasonal	*Bacon	MILK, FAT FREE
	Milk, Fat Free	Milk, Fat Free	*Triangle Hash Brown	
			Fresh Fruit/Seasonal	
			Milk, Fat Free	CONTRACT OF THE PARTY OF THE PA
ALTERNATE	ALTERNATE	ALTERNATE	ALTERNATE	NO ALTERNATE
				NO ALTERNATE
Chicken Patty on Bun	Hot Dog	Hamburger	Pancakes	
SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY
Chicken Caesar Salad	Chef Salad	BLT Salad	Buffalo Chicken Salad	St. Louis Hill Salad
8	9	10	11	12
HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH
Homemade Spaghetti O's	Chicken Strips	Dr. Seuss Day	Beef Dippers	PAPA JOHNS PIZZA
Tossed Salad	-	Cat 'n the Hat Grilled Cheese	• •	SALAD
	Seasoned Noodles		Mashed Potato with Gravy	
Fresh Fruit/Seasonal	Lettuce & Carrot Salad	Sam I Am Chips	Fresh Fruit/Seasonal	FRESH FRUIT/SEASONAL
Breadstick	Light Ranch Dressing	Lorax Fresh Fruit	Green Beans	MILK, FAT FRFF
Milk, Fat Free	Fresh Fruit/Seasonal	Red Fish/Blue Fish Milk	Milk, Fat Free	
•	Milk, Fat Free			Better Ingredients.
ALTERNATE	ALTERNATE	ALTERNATE	ALTERNATE	NO ALTERNATE
			1	NO ALTERNATE
Bowl of Chili	Turkey & Cheese Panini	Hot Dog	Chicken Patty on Bun	
SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY
Chicken Caesar Salad	Chef Salad	BLT Salad	Buffalo Chicken Salad	St. Louis Hill Salad
15	16	17	18	19
HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH	HOT LUNCH
Manwich Sloppy Joe on WG Bun	WORLD SERIES SPECIAL	*Toasted Ravioli	*Jumbo Corn Dog	CHICK-FIL-A DAY 🚜
Green Beans	Dugout Dog	Green Beans	Corn	Nuggets
Fresh Fruit/Seasonal	First Base Fries	Fresh Fruit/Seasonal	Fresh Fruit/Seasonal	Waffle Fries
				1840
Vanilla Ice Cream	Bases Loaded Broccoli	*Cookie	*Vanilla Wafers	Fresh Fruit/Seasonal
Milk, Fat Free	Shortstop Applesauce	Milk, Fat Free	Milk, Fat Free	Milk, Fat Free
	Home Run Milk			\$4.25
	Tree ?			
ALTERNATE	ALTERNATE	ALTERNATE	<u>ALTERNATE</u>	<u>ALTERNATE</u>
Grilled Cheese	Hamburger	Chicken Patty Sandwich	Grilled Cheese	<u> </u>
				CALAD OF THE DAY
SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY	SALAD OF THE DAY
Chicken Caesar Salad	Chef Salad	BLT Salad	Buffalo Chicken Salad	St. Louis Hill Salad
22	23	24	25	26
HOT LUNCH	HOT LUNCH	HOT LUNCH		
Pancake Bites	*Popcorn Chicken	Baked Macaroni & Cheese	PARENT TEACHER CONFERENCES	NO SCHOOL
Triangle Hash Brown	*Seasoned Fries	Green Beans		
Fresh Fruit/Seasonal				
	Fresh Fruit/Seasonal	Fresh Fruit/Seasonal	NO SCHOOL	
	Fresh Fruit/Seasonal	Fresh Fruit/Seasonal	NO SCHOOL	
Yogurt	*Homemade Brownie	Teddy Grahams	NO SCHOOL	
Yogurt Milk, Fat Free	*Homemade Brownie Milk, Fat Free	Teddy Grahams Milk, Fat Free	NO SCHOOL	
Yogurt Milk, Fat Free <u>ALTERNATE</u>	*Homemade Brownie Milk, Fat Free <u>ALTERNATE</u>	Teddy Grahams	NO SCHOOL	
Yogurt Milk, Fat Free	*Homemade Brownie Milk, Fat Free	Teddy Grahams Milk, Fat Free	NO SCHOOL	
Yogurt Milk, Fat Free <u>ALTERNATE</u> French Toast Sticks	*Homemade Brownie Milk, Fat Free <u>ALTERNATE</u> Cheeseburger	Teddy Grahams Milk, Fat Free <u>ALTERNATE</u> Mini Corn Dogs	NO SCHOOL	
Yogurt Milk, Fat Free <u>ALTERNATE</u> French Toast Sticks SALAD OF THE DAY	*Homemade Brownie Milk, Fat Free <u>ALTERNATE</u> Cheeseburger SALAD OF THE DAY	Teddy Grahams Milk, Fat Free <i>ALTERNATE</i> Mini Corn Dogs SALAD OF THE DAY	NO SCHOOL	
Yogurt Milk, Fat Free ALTERNATE French Toast Sticks SALAD OF THE DAY Chicken Caesar Salad	*Homemade Brownie Milk, Fat Free ALTERNATE Cheeseburger SALAD OF THE DAY Chef Salad	Teddy Grahams Milk, Fat Free ALTERNATE Mini Corn Dogs SALAD OF THE DAY BLT Salad	NO SCHOOL	
Yogurt Milk, Fat Free ALTERNATE French Toast Sticks SALAD OF THE DAY Chicken Caesar Salad 29	*Homemade Brownie Milk, Fat Free ALTERNATE Cheeseburger SALAD OF THE DAY Chef Salad 30	Teddy Grahams Milk, Fat Free ALTERNATE Mini Corn Dogs SALAD OF THE DAY BLT Salad 31	NO SCHOOL	
Yogurt Milk, Fat Free ALTERNATE French Toast Sticks SALAD OF THE DAY Chicken Caesar Salad 29 HOT LUNCH	*Homemade Brownie Milk, Fat Free ALTERNATE Cheeseburger SALAD OF THE DAY Chef Salad 30 HOT LUNCH	Teddy Grahams Milk, Fat Free ALTERNATE Mini Corn Dogs SALAD OF THE DAY BLT Salad 31 HOT LUNCH	NO SCHOOL	
Yogurt Milk, Fat Free ALTERNATE French Toast Sticks SALAD OF THE DAY Chicken Caesar Salad 29 HOT LUNCH *Chicken Nuggets	*Homemade Brownie Milk, Fat Free ALTERNATE Cheeseburger SALAD OF THE DAY Chef Salad 30 HOT LUNCH Macho Nachos, WG	Teddy Grahams Milk, Fat Free ALTERNATE Mini Corn Dogs SALAD OF THE DAY BIT Salad 31 HOT LUNCH Halloween Special	NO SCHOOL	
Yogurt Milk, Fat Free ALTERNATE French Toast Sticks SALAD OF THE DAY Chicken Caesar Salad 29 HOT LUNCH *Chicken Nuggets Corn	*Homemade Brownie Milk, Fat Free ALTERNATE Cheeseburger SALAD OF THE DAY Chef Salad 30 HOT LUNCH Macho Nachos, WG Shredded Lettuce & Tomato	Teddy Grahams Milk, Fat Free ALTERNATE Mini Corn Dogs SALAD OF THE DAY BLT Salad 31 HOT LUNCH Halloween Special Boo Burger	NO SCHOOL	
Yogurt Milk, Fat Free ALTERNATE French Toast Sticks SALAD OF THE DAY Chicken Caesar Salad 29 HOT LUNCH *Chicken Nuggets	*Homemade Brownie Milk, Fat Free ALTERNATE Cheeseburger SALAD OF THE DAY Chef Salad 30 HOT LUNCH Macho Nachos, WG	Teddy Grahams Milk, Fat Free ALTERNATE Mini Corn Dogs SALAD OF THE DAY BIT Salad 31 HOT LUNCH Halloween Special	NO SCHOOL	
Yogurt Milk, Fat Free ALTERNATE French Toast Sticks SALAD OF THE DAY Chicken Caesar Salad 29 HOT LUNCH *Chicken Nuggets Corn Fresh Fruit/Seasonal	*Homemade Brownie Milk, Fat Free ALTERNATE Cheeseburger SALAD OF THE DAY Chef Salad 30 HOT LUNCH Macho Nachos, WG Shredded Lettuce & Tomato Fresh Fruit/Seasonal	Teddy Grahams Milk, Fat Free ALTERNATE Mini Corn Dogs SALAD OF THE DAY BLT Salad 31 HOT LUNCH Halloween Special Boo Burger Skeleton Bones (Fries)	NO SCHOOL	
Yogurt Milk, Fat Free ALTERNATE French Toast Sticks SALAD OF THE DAY Chicken Caesar Salad 29 HOT LUNCH *Chicken Nuggets Corn Fresh Fruit/Seasonal Rice Krispies Treat	*Homemade Brownie Milk, Fat Free ALTERNATE Cheeseburger SALAD OF THE DAY Chef Salad 30 HOT LUNCH Macho Nachos, WG Shredded Lettuce & Tomato Fresh Fruit/Seasonal 100% Fruit Juice Bar	Teddy Grahams Milk, Fat Free ALTERNATE Mini Corn Dogs SALAD OF THE DAY BLT Salad 31 HOT LUNCH Halloween Special Boo Burger Skeleton Bones (Fries) Bat Teeth (Corn)	NO SCHOOL	
Yogurt Milk, Fat Free ALTERNATE French Toast Sticks SALAD OF THE DAY Chicken Caesar Salad 29 HOT LUNCH *Chicken Nuggets Corn Fresh Fruit/Seasonal	*Homemade Brownie Milk, Fat Free ALTERNATE Cheeseburger SALAD OF THE DAY Chef Salad 30 HOT LUNCH Macho Nachos, WG Shredded Lettuce & Tomato Fresh Fruit/Seasonal	Teddy Grahams Milk, Fat Free ALTERNATE Mini Corn Dogs SALAD OF THE DAY BLT Salad 31 HOT LUNCH Halloween Special Boo Burger Skeleton Bones (Fries) Bat Teeth (Corn) Witch's Surprise	NO SCHOOL	October
Yogurt Milk, Fat Free ALTERNATE French Toast Sticks SALAD OF THE DAY Chicken Caesar Salad 29 HOT LUNCH *Chicken Nuggets Corn Fresh Fruit/Seasonal Rice Krispies Treat Milk, Fat Free	*Homemade Brownie Milk, Fat Free ALTERNATE Cheeseburger SALAD OF THE DAY Chef Salad 30 HOT LUNCH Macho Nachos, WG Shredded Lettuce & Tomato Fresh Fruit/Seasonal 100% Fruit Juice Bar Milk, Fat Free	Teddy Grahams Milk, Fat Free ALTERNATE Mini Corn Dogs SALAD OF THE DAY BLT Salad 31 HOT LUNCH Halloween Special Boo Burger Skeleton Bones (Fries) Bat Teeth (Corn) Witch's Surprise Milk, Fat Free	NO SCHOOL	october
Yogurt Milk, Fat Free ALTERNATE French Toast Sticks SALAD OF THE DAY Chicken Caesar Salad 29 HOT LUNCH *Chicken Nuggets Corn Fresh Fruit/Seasonal Rice Krispies Treat Milk, Fat Free	*Homemade Brownie Milk, Fat Free ALTERNATE Cheeseburger SALAD OF THE DAY Chef Salad 30 HOT LUNCH Macho Nachos, WG Shredded Lettuce & Tomato Fresh Fruit/Seasonal 100% Fruit Juice Bar Milk, Fat Free	Teddy Grahams Milk, Fat Free ALTERNATE Mini Corn Dogs SALAD OF THE DAY BLT Salad 31 HOT LUNCH Halloween Special Boo Burger Skeleton Bones (Fries) Bat Teeth (Corn) Witch's Surprise Milk, Fat Free ALTERNATE	NO SCHOOL	october
Yogurt Milk, Fat Free ALTERNATE French Toast Sticks SALAD OF THE DAY Chicken Caesar Salad 29 HOT LUNCH *Chicken Nuggets Corn Fresh Fruit/Seasonal Rice Krispies Treat Milk, Fat Free ALTERNATE Fish Sticks	*Homemade Brownie Milk, Fat Free ALTERNATE Cheeseburger SALAD OF THE DAY Chef Salad 30 HOT LUNCH Macho Nachos, WG Shredded Lettuce & Tomato Fresh Fruit/Seasonal 100% Fruit Juice Bar Milk, Fat Free ALTERNATE Cheese Nachos	Teddy Grahams Milk, Fat Free ALTERNATE Mini Corn Dogs SALAD OF THE DAY BLT Salad 31 HOT LUNCH Halloween Special Boo Burger Skeleton Bones (Fries) Bat Teeth (Corn) Witch's Surprise Milk, Fat Free ALTERNATE Hot Dog	NO SCHOOL	October
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