



# HOLY SPIRIT CATHOLIC SCHOOL HEALTHY HABITS SPECIALS-OCTOBER 2018



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

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



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