



ST. PAUL CATHOLIC SCHOOL

September 2021



Healthy Habits Plate Lunch (K-8) + Milk - \$3.75
 Alternate Plate Lunch + Milk - \$3.75
 Tuesday Treat - \$1

Salad of the Day + Milk - \$3.75
 Extra entrée - \$1.25
 Extra side - \$.75

Whole Fruit - \$.75
 Milk (white or chocolate) - \$.18

*=Baked
 WG=Whole Grain Ingredients
 Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 HEALTHY HABITS PLATE LUNCH Grilled Cheese SIDE ITEMS: Pickle Spear Fresh Fruit Cookie 1% Milk ALTERNATIVE LUNCH Corn Dog 	2 HEALTHY HABITS PLATE LUNCH Chicken Patty SIDE ITEMS: French Fries Cherry Tomatoes w/ Dip Fresh Fruit 1% Milk ALTERNATIVE LUNCH Hot Dog	3 HEALTHY HABITS PLATE LUNCH French Toast Sticks SIDE ITEMS: Hash Brown Bacon Fresh Fruit 1% Milk ALTERNATIVE LUNCH Pancakes
		SALAD OF THE DAY Garden Salad	SALAD OF THE DAY Garden Salad	SALAD OF THE DAY Garden Salad
6	7 HEALTHY HABITS PLATE LUNCH Chicken Nuggets SIDE ITEMS: Green Beans Seasonal Fresh Fruit Mini Rice Krispies Treat 1% Milk ALTERNATIVE LUNCH Hot Dog  	8 HEALTHY HABITS PLATE LUNCH Mini Tacos SIDE ITEMS: Buttered Corn Brownie Seasonal Fresh Fruit 1% Milk ALTERNATIVE LUNCH Nachos	9 HEALTHY HABITS PLATE LUNCH Jumbo Corn Dog SIDE ITEMS: Celery & Carrot Sticks with Dip Seasonal Fresh Fruit Vanilla Wafers 1% Milk ALTERNATIVE LUNCH Chicken Bacon Ranch Wrap	10 HEALTHY HABITS PLATE LUNCH  Hamburger on Bun SIDE ITEMS: French Fries Baby Carrots with Dip Seasonal Fresh Fruit 1% Milk ALTERNATIVE LUNCH Grilled Cheese
	TUESDAY TREAT DAY \$1 BROWNIE			
	SALAD OF THE DAY Spinach Salad	SALAD OF THE DAY Spinach Salad	SALAD OF THE DAY Spinach Salad	SALAD OF THE DAY Spinach Salad
13	14 HEALTHY HABITS PLATE LUNCH Pepperoni Hot Pocket SIDE ITEMS: Lettuce & Carrot Salad with Ranch Seasonal Fresh Fruit Cookie 1% Milk ALTERNATIVE LUNCH Toasted Ravioli TUESDAY TREAT DAY \$1 BIG COOKIE	15 HEALTHY HABITS PLATE LUNCH Chicken Fries SIDE ITEMS: Buttered Noodles Mixed Vegetables Jell-O 1% Milk ALTERNATIVE LUNCH Bosco Stick	16 HEALTHY HABITS PLATE LUNCH Toasted Ravioli SIDE ITEMS: Bowtie Pasta with Spaghetti Sauce Cooked Broccoli Seasonal Fresh Fruit 1% Milk ALTERNATIVE LUNCH Lasagna with Meat Sauce	17 HEALTHY HABITS PLATE LUNCH Baked Macaroni & Cheese SIDE ITEMS: Cherry Tomatoes with Dip Teddy Grahams Seasonal Fresh Fruit 1% Milk ALTERNATIVE LUNCH Hot Dog
	SALAD OF THE DAY St. Louis Hill Salad	SALAD OF THE DAY St. Louis Hill Salad	SALAD OF THE DAY St. Louis Hill Salad	SALAD OF THE DAY St. Louis Hill Salad
20	21 HEALTHY HABITS PLATE LUNCH  Hot Dog on Bun SIDE ITEMS: French Fries Veggies with Dip Jell-O 1% Milk ALTERNATIVE LUNCH Popcorn Shrimp TUESDAY TREAT DAY \$1 BIG RICE KRISPIE TREAT	22 HEALTHY HABITS PLATE LUNCH Cheeseburger on Bun SIDE ITEMS: Breaded Green Beans with Ranch Orange Wedges 1% Milk ALTERNATIVE LUNCH Grilled Ham & Cheese	23 HEALTHY HABITS PLATE LUNCH Chicken Strips SIDE ITEMS: Seasoned Noodles Lettuce & Carrot Salad Sherbet 1% Milk ALTERNATIVE LUNCH Mini Tacos	24 HEALTHY HABITS PLATE LUNCH Bosco Stick with or without Sauce SIDE ITEMS: Lettuce & Tomato Salad with Ranch Applesauce Oreo Cookies 1% Milk ALTERNATIVE LUNCH BBQ Grilled Chicken Breast on Bun
	SALAD OF THE DAY Caesar Salad	SALAD OF THE DAY Caesar Salad	SALAD OF THE DAY Caesar Salad	SALAD OF THE DAY Caesar Salad
27	28 HEALTHY HABITS PLATE LUNCH Cheese Quesadilla SIDE ITEMS: Spanish Rice Mexicali Corn Seasonal Fresh Fruit 1% Milk ALTERNATIVE LUNCH Nachos  TUESDAY TREAT DAY \$1 ICE CREAM	29 HEALTHY HABITS PLATE LUNCH Pancake & Sausage on a Stick with Syrup SIDE ITEMS: Tator Coins Seasonal Fresh Fruit 1% Milk ALTERNATIVE LUNCH French Toast Sticks	30 HEALTHY HABITS PLATE LUNCH Mini Tacos  SIDE ITEMS: Buttered Corn Brownie Seasonal Fresh Fruit 1% Milk ALTERNATIVE LUNCH Hamburger	
	SALAD OF THE DAY Cobb Salad	SALAD OF THE DAY Cobb Salad	SALAD OF THE DAY Cobb Salad	



Food Service Consultants, Inc.



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