





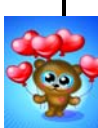










ST. CATHERINE LABOURE HEALTHY HABITS MENU

February 2010

Healthy Habits Plate Lunch Price 2.65 includes milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1	2	3	4	5	
Hot Dog on Bun Smiles Shaped Potatoes Pork and Beans  Whole Frozen Fruit Juice Bar Milk, 1% Fat Chili 1.55	Baked Chicken Nuggets Potato Spudsters & Ketchup Mandarin Oranges  Chilled Pudding Milk, 1% Fat Curly Fries 1.45	French Toast Sticks Syrup Bacon Tater Tots Fruit Cocktail Milk, 1% Fat Long John Donut .85	Cheeseburger on Bun Fresh Carrot Sticks Mini Twist Pretzels Chilled Fruit  Milk, 1% Fat Fresh Fruit .70	Chicken Rings Seasoned Noodles Tossed Salad & Ranch Dressing Sherbet  Milk, 1% Fat Baked Potato 1.25	
8	9	10	11	12	
Bosco Breadstick Spaghetti Sauce Tossed Salad Light Ranch Dressing Applesauce  Rice Krispies Treat Milk, 1% Fat Funnel Cake 1.25	Bowl of Chili Scrabble Cheez-Its Chilled Pineapple Jell-O Milk, 1% Fat <u>SUPERVISOR SPECIAL</u> BAKED POTATO BAR  1.95	FACULTY MEETING	Boneless Chicken Drumsticks Baked Tater Tots Chilled Fruit Bug Bites Cinnamon Grahams Milk, 1% Fat Redi Rib on Bun  1.50	<u>VALENTINES DAY SPECIAL</u> Cupid's Heart Be Mine Tator Tots Luv Ya Jell-O Sweetheart Surprise Milk, 1% Fat Pasta House Salad .75	
15	16	17	18	19	
NO SCHOOL 	Hamburger on Bun BBQ Sauce Scrabble Cheez-Its Seasoned Green Beans Whole Frozen Fruit Juice Bar Milk, 1% Fat Pizza Stix 1.45	ASH WEDNESDAY Cheese Pizza  Tossed Salad Lite Italian Dressing Chilled Fruit Keebler Bug Bite Grahams Milk, 1% Fat Redi Rib on Bun 1.50	Chicken Rings Baked French Fries Chilled Fruit Vanilla Wafers  Milk, 1% Fat Cheese Fries 1.45	Popcorn Shrimp Curly Fries Mixed Vegetables Blueberry Cookie Milk, 1% Fat Shrimp Combo 2.75	
22	23	24	25	26	
Hot Dog on Bun French Fries with Ketchup Fresh Vegetables Fresh Fruit Milk, 1% Fat  Grilled Cheese 1.15	Soft Baked Pretzels with Cheese  Fresh Carrot Sticks Light Ranch Dressing Chilled Fruit LF Pudding Pop Milk, 1% Fat Nachos & Cheese 1.55	PAPA JOHNS PIZZA Chilled Fruit M & M Cookie with Milk or Drink Box \$2.65 	Baked Chicken Strips BBQ Sauce Corn  Chilled Fruit M & M Cookie Milk, 1% Fat Waffle Fries 1.45	Fish Sticks with Tartar Sauce Green Beans Applesauce Bug Bites Cinnamon Grahams Milk, 1% Fat  Mac & Cheese 1.25	
HOT ALA CARTE ITEMS		COLD ALA CARTE ITEMS		BEVERAGE ALA CARTE	
Hamburger	1.30	Bagel with Cream Cheese	1.15	White Milk	.15
Cheeseburger	1.45	Poor Boy	1.35	Skim Milk	.14
Bacon Cheeseburger	1.80	PBJ Sandwich	1.00	Chocolate Milk	.16
Grilled Cheese	1.15	Fresh Fruit	.50 & up	Sunny Delight	.85
Hot Dog	1.15	Hard Boiled Eggs	.50	Lemon/Orange Drink	.45
Chicken Patty	1.75	Ice Cream Novelties	.75 & up	Capri Sun	.75
French Fries	1.25	Grab n' Go Salads	1.50	Water	1.00
Cheese Fries	1.50	Fresh Cookies	1.00 & .55	Tropicana	.75
		Baked Chips	1.00	Riptide	.95