



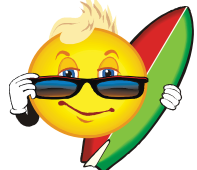







# ST. CATHERINE LABOURE HEALTHY HABITS MENU

March 2010

Healthy Habits Plate Lunch Price 2.65 includes milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Hot Dog on Bun French Fries with Ketchup Fresh Vegetables Fresh Fruit Milk, 1% Fat  <b>Chili</b> <b>1.55</b>	Cheeseburger on Bun Fresh Carrot Sticks Mini Twist Pretzels Chilled Fruit Milk, 1% Fat  <b>Pizza Stix</b> <b>1.45</b>	Nachos and Cheese Chilled Fruit Shredded Lettuce & Tomato Salad Brownie Milk, 1% Fat <b>Grilled Cheese</b> <b>1.15</b>	Jumbo Corn Dog Spaghetti Rings Fruit Cocktail  Animal Crackers Milk, 1% Fat  <b>Cheese Fries</b> <b>1.45</b>	Fish Sticks with Tartar Sauce Green Beans Applesauce Bug Bites Cinnamon Grahams Milk, 1% Fat  <b>Mac &amp; Cheese</b> <b>1.25</b>
8	9	10	11	12
Toasted Ravioli Green Beans  Fruit Cocktail Teddy Graham Cubs Milk, 1% Fat <b>Redi Rib on Bun</b> <b>1.50</b>	<b>CARNIVAL DAY</b>  <b>FUN LUNCH!</b> 	<b>FACULTY MEETING</b>  <b>NO LUNCH SERVED</b>	Chicken & Dumplings Green Beans Fruit Cocktail  Fresh Baked Brownie Milk, 1% Fat <b>Fresh Fruit</b> <b>.70</b>	Popcorn Shrimp Curly Fries Mixed Vegetables Blueberry Cookie Milk, 1% Fat <b>Cheese Nachos</b> <b>1.55</b>
15	16	17	18	19
	<h1 style="color: red; font-size: 2em;">SPRING BREAK!</h1>			
22	23	24	25	26
Bosco Breadstick Spaghetti Sauce Tossed Salad Light Ranch Dressing Applesauce  Rice Krispies Treat Milk, 1% Fat <b>Waffle Fries</b> <b>1.45</b>	French Toast Sticks Syrup Bacon Tater Tots Fruit Cocktail Milk, 1% Fat  <b>Long John Donut</b> <b>.85</b>	<b>PAPA JOHNS PIZZA</b> Chilled Fruit Cookie <b>with Milk or Drink Box</b> <b>\$2.65</b>  	Chicken Rings  Baked French Fries Chilled Fruit Vanilla Wafers Milk, 1% Fat  <b>Bosco Pepperoni Stix</b> <b>1.70</b>	Fish Sticks with Tartar Sauce Green Beans Applesauce Bug Bites Cinnamon Grahams Milk, 1% Fat  <b>Shrimp Combo</b> <b>2.75</b>
29	30	31		
Hot Dog on Bun French Fries with Ketchup Fresh Vegetables Fresh Fruit  Milk, 1% Fat <b>Chili</b> <b>1.55</b>	Cheeseburger on Bun Fresh Carrot Sticks Mini Twist Pretzels Chilled Fruit Milk, 1% Fat <b>Cheese Fries</b> <b>1.45</b>	Popcorn Chicken Wrap Mini Twist Pretzels Chilled Fruit Cup Fresh Vegetables Milk, 1% Fat <b>Pizza Stix</b> <b>1.45</b>		
<b>HOT A LA CARTE ITEMS</b>		<b>COLD A LA CARTE ITEMS</b>		<b>BEVERAGE A LA CARTE</b>
Hamburger 1.30	Cheeseburger 1.45	Bagel with Cream Cheese 1.15	Poor Boy 1.35	White Milk .15
Bacon Cheeseburger 1.80	Grilled Cheese 1.15	PBJ Sandwich 1.00	Fresh Fruit .50 & up	Skim Milk .14
Hot Dog 1.15	Hot Dog 1.15	Hard Boiled Eggs .50	Ice Cream Novelties .75 & up	Chocolate Milk .16
Chicken Patty 1.75	French Fries 1.25	Grab n' Go Salads 1.50	Fresh Cookies 1.00 & .55	Sunny Delight .85
Cheese Fries 1.50		Baked Chips 1.00		Lemon/Orange Drink .45
				Capri Sun .75
				Water 1.00
				Tropicana .75
				Riptide .95

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