









ST. CATHERINE LABOURE HEALTHY HABITS MENU

May 2010

Healthy Habits Plate Lunch Price 2.65 includes milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Toasted Ravioli Green Beans Fruit Cocktail Teddy Graham Cubs Milk, 1% Fat  Jell-O Cup .50	Jumbo Corn Dog Cooked Carrots  Applesauce Mini Muffins Milk, 1% Fat Funnel Cake 1.25	FIELD DAY NO LUNCH SERVED NOON DISMISSAL	Lasagna with Meat Sauce Fresh Baked Breadsticks Tossed Salad Lite Italian Dressing Sherbet Milk, 1% Fat Small Salad .65	Baked Chicken Nuggets with Sweet & Sour Sauce Green Beans Fruit Cocktail Keebler Bug Bite Grahams Milk, 1% Fat  Hot Bite Combo 2.75
10	11	12	13	14
Popcorn Chicken Steak Cut Potatoes Chilled Fruit Animal Crackers Milk, 1% Fat Steak Fries 1.45	SCHOOL PICNIC NO SCHOOL	Poor Boy on Coney Bun Baked Potato Chips Chilled Fruit Cup Rice Krispies Treats Milk, 1% Fat  Cheese Fries 1.65	Chicken Rings Seasoned Noodles Tossed Salad & Ranch Dressing Sherbet Milk, 1% Fat Fresh Fruit .70 & up	Boneless Chicken Drumsticks Baked Tater Tots Chilled Fruit Bug Bites Cinnamon Grahams Milk, 1% Fat Baked Potato 1.25
17	18	19	20	21
Hot Dog Curly Fries & Ketchup  Sherbet Chilled Fruit Milk, 1% Fat Grilled Cheese 1.15	Baked Mostaccioli Tossed Salad Lite Italian Dressing Peaches  Fresh Baked Breadstick Milk, 1% Fat Breadstix 3 for 2.00	Nachos and Cheese Chilled Fruit Shredded Lettuce & Tomato Salad Brownie Milk, 1% Fat Pasta House Salad .95	French Toast Sticks Syrup Bacon Tater Tots Fruit Cocktail Milk, 1% Fat Long John Donut .85	Baked Chicken Strips BBQ Sauce Corn  Chilled Fruit Chocolate Chip Cookie Milk, 1% Fat Chicken Combo 2.75
24	25	26	27	28
Cheeseburger on Bun Fresh Carrot Sticks Mini Twist Pretzels Chilled Fruit Milk, 1% Fat Curley Fries 1.45	Chicken Rings  Baked French Fries Chilled Fruit Vanilla Wafers Milk, 1% Fat Fruit Cup .70	PAPA JOHNS PIZZA Fruit Sweet Treat with Milk or Juice Box \$2.65 	Baked Chicken Nuggets Baked French Fries Chilled Fruit Mini Blueberry Muffins Milk, 1% Fat Fresh Brownie .60	MANAGER'S CHOICE You'll love it! 

HOT A LA CARTE ITEMS		COLD A LA CARTE ITEMS		BEVERAGE A LA 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

Salad Bar Daily

All menus are reviewed and approved by our Dietitian.

Food Service Consultants, Inc.

"Serving You With Pride"

