

ST. LOUIS CATHOLIC ACADEMY

LUNCH MENU

MARCH 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="display: flex; justify-content: space-around;"> 1 2 3 </div>				
<div style="display: flex; justify-content: space-around;"> 6 7 8 9 10 </div>				
		<u>LUNCH</u> Quirky Quesadillas Refried Beans Green Beans Pears Skim Milk	<u>LUNCH</u> Deli Sub Green Peas Fresh Fruit/Seasonal Skim Milk	<u>LUNCH</u> Fish Nuggets Baked Beans Celery Sticks Peaches Skim Milk
NO SCHOOL	<u>LUNCH</u> WG Chicken Strips/BBQ Sauce Pork & Beans Fresh Fruit/Seasonal Honey Graham Crackers 4 squares Skim Milk 1C	<u>LUNCH</u> WG Baked Mostaciolli w/Homemade Meat Sauce Green Beans Peaches WG Roll/Margarine Skim Milk	<u>LUNCH</u> Pepperoni Pizza Wedge Fresh Carrot Sticks Lite Ranch Dressing Pears Skim Milk	<u>LUNCH</u> Fish Stick Cheesy Mac & Cheese Broccoli Fresh Fruit/Seasonal Whole Grain Roll w/Margarine Skim Milk
<div style="display: flex; justify-content: space-around;"> 13 14 15 16 17 </div>				
<u>LUNCH</u> Homemade Fresh Chicken Breast on WG Bun Seasoned Corn Catsup Quartered Oranges Skim Milk	<u>LUNCH</u> Chili WG Roll/Margarine Pineapple Chunks Skim Milk	<u>LUNCH</u> Corn Dog Spinach w/Margarine Fresh Fruit/Seasonal WG Strawberry Snaps Catsup Skim Milk	<u>LUNCH</u> Soft Beef Taco Shredded Lettuce/Tomatoes Refried Beans Fresh Fruit/Seasonal Skim Milk	<u>LUNCH</u> Polka Dot Pasta String Cheese Chili-Roasted Sweet Potatoes Mixed Fruit Skim Milk
<div style="display: flex; justify-content: space-around;"> 20 21 22 23 24 </div>				
<u>LUNCH</u> Seasoned Grilled Chicken Breast Baked Beans Fresh Broccoli Light Ranch Dressing Slice of Bread WG Bread Mandarin Oranges Skim Milk	<u>LUNCH</u> Hot Dog on WG Bun French Fries Catsup/Mustard Mixed Veggies Fresh Fruit/Seasonal Skim Milk	<u>LUNCH</u> Grilled Hamburger on WG Bun Lettuce & Tomato Catsup/Mustard Seasoned Corn w/Margarine Fresh Fruit/Seasonal Skim Milk	<u>LUNCH</u> Boneless Chicken Drumsticks omemade Mashed Potatoes/Gravy Green Beans w/Margarine Chilled Applesauce Slice White or Wheat Bread Skim Milk	NO SCHOOL
<div style="display: flex; justify-content: space-around;"> 27 28 29 30 31 </div>				
<u>LUNCH</u> Chicken Fettuccine Green Peas WG Roll/Margarine Fresh Fruit/Seasonal Skim Milk 1C	<u>LUNCH</u> Nachos/Cheese/Chex Taco Meat Tossed Romaine Salad Light Ranch Dressing Refried Beans Fresh Fruit/Seasonal Skim Milk	<u>LUNCH</u> WG Chicken Nuggets/catsup Carrots/Margarine Fruit Cocktail WG Strawberry Snaps WG Roll Skim Milk	<u>LUNCH</u> Home-Roasted Turkey Breast Roasted Sweet Potatoes Green Beans w/Margarine Slice WG Bread w/Margarine Fresh Fruit/Seasonal Skim Milk	<u>LUNCH</u> WG Bosco Stick Homemade Spaghetti Sauce Romaine Salad/Asstd. Lt. Dress. Baked Cinnamon Apples Broccoli, Fresh w/Margarine Skim Milk

"USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER"

All FSC menus follow the USDA guidelines & Archdiocese Wellness Plan and have been approved by Registered Dietitian Associates, Inc.



Food Service Consultants, Inc.
 "Serving You With Pride"

