MARY QUEEN OF PEACE

Healthy Habits Menu — May 2012

Healthy Habit Special Price with Milk $2.90, with Fruit Juice $3.00- Extra Entrée only $1.25

Menu subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Bagel & Cream Cheese Fresh Fruit/Seasonal Raisins Yogurt Milk, 1% Fat **ALTERNATE** Turkey & Cheese Sandwich	**PASTA DAY - $3.00** **CHOOSE TWO PASTAS** **MOSTACIOLLI** **FETTUCCINE** **MACARONI & CHEESE** **BREADSTICK** **BROWNIE** **MILK, 1% FAT** 	Scrambled Eggs ★ Bacon Yogurt ★ Homemade Blueberry Treat Milk, 1% Fat **ALTERNATE** Waffles	**MACHO NACHOS** **Shredded Lettuce & Tomato** **Fresh Fruit/Seasonal** **$2.55 MEAT & CHEESE ONLY** **$2.95 MACHO NACHO SUPREME** **NO ALTERNATE**
7	8	9	10	11
★ Chicken Patty Sandwich ★ French Fries/Ketchup Green Beans Quartered Oranges Milk, 1% Fat **ALTERNATE** Turkey Hot Dog	● Golden Grilled Cheese Tossed Salad Lite Italian Dressing Applesauce Rice Krispies Square Milk, 1% Fat **ALTERNATE** Chicken Strips	**SUPERVISOR'S SPECIAL** BBQ Lunch Hamburger or Hot Dog Potato Chips Chocolate Chip Cookie MILK $3.50	★ Toasted Ravioli Green Beans Fruit Cocktail ★ Teddy Graham Cubs Milk, 1% Fat **ALTERNATE** Macaroni And Cheese	PIZZA PAPA JOHNS Better Ingredients. Better Pizza. **1 Slice no Drink $1.65** **2 slices no Drink $3.30** **Drinks Available** **at Ala Carte Prices** **NO ALTERNATE**
14	15	16	17	18
★ Chicken Nuggets Mashed Potatoes & Gravy Mixed Vegetables Applesauce Milk, 1% Fat **ALTERNATE** Popcorn Chicken	★ Loaded Baked Potato Pineapple Broccoli, steamed Jell-O Milk, 1% Fat **ALTERNATE** Ham & Cheese Sandwich	★ Mostaciolli Tossed Salad Lite Italian Dressing Fresh Fruit/Seasonal ★ Fresh Breadstick Milk, 1% Fat **ALTERNATE** Fettuccine	Pancakes w/syrup Bacon Yogurt Fresh Fruit Milk, 1% Fat **ALTERNATE** French Toast	★ Jumbo Corn Dog Corn Fresh Fruit/Seasonal ★ Animal Crackers Milk, 1% Fat **ALTERNATE** Turkey & Cheese Sandwich
21	22	23	24	25
TACO'S TODAY!!! ● Crunchy Taco ● Spanish Rice with Pinto Beans Corn Fresh Fruit Milk, 1% Fat **ALTERNATE** Soft Taco	★ Chicken Strips BBQ Sauce Corn Fresh Fruit/Seasonal ★ Honey Graham Crackers Milk, 1% Fat **ALTERNATE** Chicken Nuggets	PIZZA PAPA JOHNS Better Ingredients. Better Pizza. **1 Slice no Drink $1.65** **2 slices no Drink $3.30** **Drinks Available** **at Ala Carte Prices** **NO ALTERNATE**	● Cheeseburger on Bun ★ Baked Fries Carrot Sticks Fresh Fruit/Seasonal Milk, 1% Fat **ALTERNATE** Hamburger	**LAST DAY** **11:30** **DISMISSAL**
28	29	30	31	
	Have a great summer!			

The following Items Offered Weekly:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Toasted Ravioli 2.40	**Chicken Rings & Baked Fries 3.05**	**Bosco Sticks (see below)**	**Popcorn Chicken & Baked Fries 2.95**	**Tony's Pizza 2.30**
The following items offered daily: Chicken Patty 1.85 Grilled Cheese 1.30 Turkey Hot Dog 1.35 Bagels & Cream Cheese 1.35 Fresh Fruit .45 & up Yogurt .85 Cereal Bowl with Milk & Fruit 1.75 Assorted Snacks .90 & up Assorted Chips 1.00 Pretzels .75	**The following items offered Monday-Wednesday-Friday** Hamburger on Bun 1.50 Cheeseburger on Bun 1.65 Turkey Burger 2.60 Grilled Chicken Patty 2.30 **DELUXE SALAD BAR .45/OZ** SPECIALTY SALAD SERVED DAILY SUCH AS ITALIAN HILL, BLT, CAESAR, SPINACH, CHEF	**Bosco Breadsticks will be offered on Wednesday** 1 with sauce 1.80 2 with sauce 3.20 1 with NO sauce 1.40 2 with NO sauce 2.80 ON PAPA JOHNS DAY THE ONLY HOT FOOD SERVED OTHER THAN PIZZA WILL BE HOT DOGS, NACHOS & SALAD BAR	**The following items offered Monday-Tuesday-Wednesday** Panini & Soup of the Day Whole Panini 3.70 1/2 Panini with Soup 3.65 1/2 Panini with Chips 2.85 1/2 Panini 1.85 **Baked French Fries will be offered Tuesday & Thursday** small 1.40 large 1.60	**DRINKS** 1% White Milk .12 Skim Milk .11 Fat Free Chocolate Milk .13 Bottled Water 8 oz. .60 4 oz. juice .60 Splash 1.35 Dole Juice 1.50 HEALTHY HABITS COLD ALA CARTE PRE-PACKED ITEMS .75 & UP

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"