









CARDINAL RITTER COLLEGE PREP



"Healthy Habits" Plate Lunch Menu - January 2012

* Baked

• Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
No School Happy Birthday Mr. Blackshear! 	Healthy Habits Lunch ★ Chicken & Dumplings Baby Carrots Fresh Fruit/Seasonal Mini Rice Krispies Square ★ Slice of Whole Grain Bread Milk, 1% Fat Plate Lunch 5.35 Entrée 3.25 Daily Special Broccoli Cheese Specialty Salad Broccoli Salad	Healthy Habits Lunch ★ BBQ Burger ★ Baked Beans ★ Corn Fresh Fruit/Seasonal Milk, 1% Fat Happy Birthday Ms. Chris! Plate Lunch 4.50 Entrée on Bun 2.25 Daily Special Macho Nachos Specialty Salad Caesar Salad	Healthy Habits Lunch ★ Pizza Calzone Garden Salad with Light Ranch Dressing Fresh Fruit/Seasonal Jell-O Milk, 1% Fat  Papa Johns Plate Lunch 5.25 Entrée 2.35 Daily Special Hot Wings Specialty Salad BLT Salad	Healthy Habits Lunch ★ Chicken Parmesan Pasta with Red Sauce Mixed Vegetable Medley ★ Bread Stick Jell-O Milk, 1% Fat Plate Lunch 4.95 Entrée on Bun 2.85 Daily Special Chicken Patty Sandwich Specialty Salad Fruit Salad
9	10	11	12	13
Healthy Habits Lunch ★ Country Fried Steak Mashed Potatoes & Gravy Green Beans ★ Slice of Whole Grain Bread Sherbet Milk, 1% Fat Plate Lunch 4.70 Entrée on Bun 2.80 Daily Special Salisbury Steak Specialty Salad Taco Salad	Healthy Habits Lunch ★ Tempura Chicken Nuggets Lo Mien Noodles Steamed Broccoli Fortune Cookie Milk, 1% Fat Plate Lunch 4.35 Entrée with Noodles 2.95 Daily Special Egg Noodles Specialty Salad Cucumber Pasta Salad	Healthy Habits Lunch ★ BBQ Chicken Skewers (2) ★ Petite Baked Potato ★ Corn Vanilla Ice Cream Cup Milk, 1% Fat Plate Lunch 4.95 Entrée (2) 3.10 Daily Special Rice Specialty Salad Key Salad	Healthy Habits Lunch ★ Baked Mostaccioli ★ Garlic Toast ★ Green Beans Italian Salad Fresh Fruit/Seasonal Milk, 1% Fat Plate Lunch 4.85 Entrée 2.35 Daily Special Chicken Legs Specialty Salad Caesar Salad	Healthy Habits Lunch ★ Popcorn Shrimp with Cocktail Sauce ★ Petite Baked Potato Green Beans Orange Sherbet Milk, 1% Fat Plate Lunch 3.95 Entrée with Sauce 1.55 Daily Special Fish Sticks & Fries Specialty Salad BLT Salad
16	17	18	19	20
No School Happy Birthday Ms. Jenise (Jan. 15th)	Healthy Habits Lunch • Chicken Egg Roll Steamed Asian Rice Crab Rangoon Sugar Snap Peas Milk, 1% Fat Plate Lunch 4.95 Entrée with Rice 2.75 Daily Special Teriyaki Noodles Specialty Salad Broccoli Salad	Healthy Habits Lunch Grilled Chicken Dippers Light Ranch Dressing ★ Baked Fries ★ Grapes Yogurt Milk, 1% Fat Honors Assembly Plate Lunch 4.75 Entrée with Ranch 2.05 Daily Special None Specialty Salad Veggie Salad	Healthy Habits Lunch ★ Pulled Pork on Wheat Bun Garden Salad with Light Ranch Dressing ★ Baked Chips ★ Mini Rice Krispies Square Milk, 1% Fat Plate Lunch 5.25 Entrée on Bun 2.90 MANAGER'S SPECIAL! White Castle Burger Specialty Salad Fruit Salad	Healthy Habits Lunch ★ Soft Taco-Chicken Roasted Corn & Peppers Spanish Rice with Pinto Beans ★ Churro with Cinnamon & Sugar Taco Sauce Milk, 1% Fat Plate Lunch 5.35 Entrée (2) 2.45 Daily Special Taco Specialty Salad Taco Salad
23	24	25	26	27
Healthy Habits Lunch ★ Toasted Ravioli with Marinara Sauce Salad with Ranch Dressing Green Beans Fresh Fruit/Seasonal ★ Breadsticks Milk, 1% Fat Plate Lunch 5.25 Entrée with Sauce 2.75 Daily Special Baked Cheese Ravioli Specialty Salad Veggie Salad	Healthy Habits Lunch ★ Philly Cheese Steak on Hoagie Grilled Onions and Peppers ★ Confetti Tots Fresh Fruit/Seasonal Milk, 1% Fat Plate Lunch 5.95 Entrée on French 4.15 Daily Special Pasta w/ White Sauce Specialty Salad BLT Salad	Healthy Habits Lunch ★ Teriyaki Chicken Skewers with Pineapple Salsa Served over White Rice Stir Fry Veggies ★ Slice of Whole Grain Bread ★ Chocolate Chip Cookie Milk, 1% Fat Plate Lunch 5.40 Entrée with Rice 3.85 Daily Special Cheesy Potatoes Specialty Salad Broccoli Salad	Healthy Habits Lunch ★ Beef n' Bean Burrito Roasted Corn & Peppers • Sante Fe Rice & Beans ★ Churro Milk, 1% Fat  Papa Johns Plate Lunch 4.75 Entrée 1.40 Daily Special Lemon Pepper Chicken Rings Specialty Salad Fruit Salad	Healthy Habits Lunch ★ Baked Lemon Pepper Tilapia Tri-Color Rotini with Cream Sauce Sugar Snap Peas ★ Garlic Toast Orange Dreamsicle Milk, 1% Fat Plate Lunch 5.45 Entrée on Bun 3.55 Daily Special Pasta w/ Red Sauce Specialty Salad Key Salad
30	31			
Healthy Habits Lunch ★ Turkey Burger/Swiss Cheese ★ Curly Fries Carrot Sticks Apple Snapz Milk, 1% Fat  Plate Lunch 5.80 Entrée on Bun 3.45 Daily Special Turkey Wraps Specialty Salad Veggie Salad	Healthy Habits Lunch ★ Turkey Hot Dog Topped with Chili & Cheese • on Wheat Bun ★ Steak Fries Carrot Sticks & Dip Fresh Fruit/Seasonal Milk, 1% Fat Plate Lunch 4.35 Entrée with Toppings 2.80 Daily Special Turkey on French Bread Specialty Salad Veggie Salad	<p>January 28th Happy Birthday Ms. Pam!</p>  <p>January 29th Happy Birthday Ms. Maureen!</p> 		
Deluxe Salad Bar Soup & Salad Special Daily Fresh Fruit		1% White Milk 1% Chocolate Milk Skim Milk		Deluxe Deli Bar Ice Cream Novelties

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



Food Service Consultants, Inc.

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