

FIRST BAPTIST CHRISTIAN ACADEMY

Healthy Habits Lunch

April 2015

HEALTHY HABITS LUNCH PRICE: K-8 Grades \$3.40 (drink included)

*= Baked

WG=Whole Grain Ingredients

Soup & Salad Offered Daily

Monday	Tuesday	Wednesday	Thursday	Friday
CHICKEN NOODLE SOUP		SOUP SCHEDULE		CHEF'S CHOICE
VEGETABLE SOUP		CHILI	POTATO SOUP	1
		"A"-HEALTHY HABITS LUNCH *Toasted Ravioli Green Beans Mandarin Oranges *Chocolate Chip Gripz WG Milk, Fat Free B' CHOICE Cheese Quesadilla GRAB-N-GO Popcorn Chicken Wrap *Mini Twist Pretzels Fresh Fruit/Seasonal Fresh Vegetables & Dip Milk, Fat Free	"A"-HEALTHY HABITS LUNCH PAPA JOHNS CHEESE PIZZA TOSSED SALAD CHILLED FRUIT COOKIE MILK, FAT FREE B' CHOICE NO ALTERNATE GRAB-N-GO BLT Sandwich, WG *Mini Twist Pretzels Fresh Fruit/Seasonal *Chocolate Chip Gripz WG Milk, Fat Free	2
		3	NO SCHOOL	3
6	7	8	9	10
"A"-HEALTHY HABITS LUNCH DAY CARE ONLY Hot Dog on WG Bun *Baked Potato Chips Fresh Fruit/Seasonal 2 Pack Oreo Cookies Milk, Fat Free B' CHOICE Bologna & Cheese DAY CARE ONLY	"A"-HEALTHY HABITS LUNCH Grilled Ham & Cheese Peas & Carrots Pineapple Tidbits Chocolate Chip Cookie Milk, Fat Free B' CHOICE Boneless Chicken Drumsticks GRAB-N-GO String Cheese Sticks & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free	"A"-HEALTHY HABITS LUNCH *Chicken Nuggets, WG *French Fries Fresh Fruit/Seasonal Flavorful Jell-O Milk, Fat Free B' CHOICE Fettuccini Alfredo GRAB-N-GO Tuna Salad Sandwich, WG *Fritos, WG Veggies & Dip Fresh Fruit/Seasonal Milk, Fat Free	"A"-HEALTHY HABITS LUNCH *Chicken Rings Seasoned Noodles Tossed Salad/Ranch Dressing Sherbet Milk, Fat Free B' CHOICE Sloppy Joe GRAB-N-GO Turkey & Cheese Sliders Fresh Veggies with Dip Fresh Fruit/Seasonal Angel Food Cake Milk, Fat Free	"A"-HEALTHY HABITS LUNCH PAPA JOHNS PEPPERONI PIZZA TOSSED SALAD CHILLED FRUIT RICE KRISPIES TREAT MILK, FAT FREE B' CHOICE NO ALTERNATE GRAB-N-GO Italian Sub Sandwich, WG Fritos, WG Fresh Fruit/Seasonal *Teddy Grahams Milk, Fat Free
13	14	15	16	17
"A"-HEALTHY HABITS LUNCH HOME OPENER SPECIAL BALL PARK FRANKS FIRST BASE FRIES GRAND SLAM GRAPES HOME RUN BROWNIE MOLINA MILK B' CHOICE DOUBLE PLAY BURGER GRAB-N-GO Chicken Salad Slider on WG Bun Fresh Broccoli Lite Ranch Dressing Applesauce *Teddy Grahams Milk, Fat Free	"A"-HEALTHY HABITS LUNCH *Popcorn Shrimp *Seasoned Fries Mixed Vegetables *Chocolate Chip Cookie Milk, Fat Free B' CHOICE Cheese Stuffed Pretzel GRAB-N-GO Turkey & American Cheese Wrap Raisins Carrot Sticks *Angel Food Cake Milk, Fat Free	"A"-HEALTHY HABITS LUNCH *Chicken Strips BBQ Sauce Corn Fresh Fruit/Seasonal Chocolate Chip Cookies Milk, Fat Free B' CHOICE Crunchy Taco GRAB-N-GO Chicken Snack Wrap Fresh Carrots & Broccoli with Dip Pears Milk, Fat Free	"A"-HEALTHY HABITS LUNCH BREAKFAST FOR LUNCH! *French Toast Sticks Syrup *Bacon *Triangle Hash Brown Grapes Milk, Fat Free B' CHOICE Scrambled Eggs GRAB-N-GO Turkey & Cheese Wrap *Cheddar Goldfish, WG Fresh Fruit/Seasonal *Mini Rice Krispies Treat Milk, Fat Free	"A"-HEALTHY HABITS LUNCH PAPA JOHNS CHEESE PIZZA TOSSED SALAD CHILLED FRUIT COOKIE MILK, FAT FREE B' CHOICE NO ALTERNATE GRAB-N-GO BLT Wrap Fresh Fruit/Seasonal Strawberry Yogurt *Cheddar Goldfish, WG Milk, Fat Free
20	21	22	23	24
"A"-HEALTHY HABITS LUNCH *Bosco Stick Spaghetti Sauce Mixed Vegetables Fruit Cocktail 100% Fruit Juice Bar Milk, Fat Free B' CHOICE Ham Slider GRAB-N-GO Poor Boy on WG Coney Bun *Potato Chips Fresh Fruit/Seasonal *Mini Rice Krispies Treat Milk, Fat Free	"A"-HEALTHY HABITS LUNCH *Chicken Patty Sandwich WG *French Fries/Ketchup Green Beans Quartered Oranges Milk, Fat Free B' CHOICE Grilled Chicken GRAB-N-GO Ham & Cheese Sandwich, WG Fresh Vegetables w/dip Pineapple Chunks Oreo Cookies Milk, Fat Free	"A"-HEALTHY HABITS LUNCH Macaroni & Cheese Green Beans Fresh Fruit/Seasonal *ABC Shortbread Cookies WG Milk, Fat Free B' CHOICE Corn Dog GRAB-N-GO Chicken Caesar Wrap Fresh Carrot Sticks Light Ranch Dressing Grapes Chocolate Brownie Milk, Fat Free	"A"-HEALTHY HABITS LUNCH *Chicken Rings *Au Gratin Potatoes Fresh Fruit/Seasonal *Oreo Cookie Milk, Fat Free B' CHOICE Turkey Burger GRAB-N-GO Tuna Salad Sandwich, WG *Fritos, WG Veggies & Dip Fresh Fruit/Seasonal Milk, Fat Free	"A"-HEALTHY HABITS LUNCH PAPA JOHNS PEPPERONI PIZZA TOSSED SALAD CHILLED FRUIT RICE KRISPIES TREAT MILK, FAT FREE B' CHOICE NO ALTERNATE GRAB-N-GO Roast Beef Sandwich on French Fresh Vegetables w/dip *Vanilla Wafers Fresh Fruit/Seasonal Milk, Fat Free
27	28	29	30	
"A"-HEALTHY HABITS LUNCH *Popcorn Chicken *Seasoned Fries Fresh Fruit/Seasonal *Homemade Brownie Milk, Fat Free B' CHOICE Cheeseburger GRAB-N-GO Bagel & Cream Cheese Fresh Fruit/Seasonal Cottage Cheese Raisins Milk, Fat Free	"A"-HEALTHY HABITS LUNCH *Fish Sticks & Tartar Sauce Green Beans Applesauce Flavorful Jell-O Milk, Fat Free SUPERVISOR SPECIAL FUNNEL CAKE \$1.65 B' CHOICE Chicken Nuggets GRAB-N-GO Trix Cereal Bar, WG Banana Low-fat Yogurt Hard Boiled Egg Milk, Fat Free	"A"-HEALTHY HABITS LUNCH Golden Grilled Cheese, WG Tossed Salad Lite Italian Dressing Applesauce *Chocolate Chip Gripz WG Milk, Fat Free B' CHOICE Spaghetti GRAB-N-GO Chicken Wrap/Chopped Lettuce Light Ranch Dressing *Mini Chocolate Chip Cookie Fresh Fruit/Seasonal Milk, Fat Free	"A"-HEALTHY HABITS LUNCH Hot Dog on WG Bun *Baked Potato Chips Fresh Fruit/Seasonal 2 Pack Oreo Cookies Milk, Fat Free B' CHOICE Chicken Rings GRAB-N-GO Ham & Cheese on Bagel *Cheddar Goldfish, WG Applesauce *Teddy Grahams Milk, Fat Free	

DAILY SPECIAL FOR GRADES 6-8

MONDAY Chicken Rings with Fries	TUESDAY 1 Bosco, 2 Chicken Rings and 2 Chicken Nuggets	WEDNESDAY Popcorn Chicken with Fries	THURSDAY Bacon Cheeseburger with Chips	FRIDAY Sub Sandwich with Chips
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All FSC menus follow the USDA guidelines & Archdiocese Wellness Plan and have been approved by Registered Dietitian Associates, Inc.

Comparable food substitutions may be made according to supplier's availability



Food Service Consultants, Inc.

"Serving You With Pride"

