

FIRST BAPTIST CHRISTIAN ACADEMY

Healthy Habits Lunch

MARCH 2015

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

*= Baked

WG=Whole Grain Ingredients

Soup & Salad Offered Daily

| Monday | Tuesday | Wednesday SOUP SCHEDULE | Thursday | Friday |
|--|--|---|---|---|
| CHICKEN NOODLE SOUP | VEGETABLE SOUP | CHILI | POTATO SOUP | CHEF'S CHOICE |
| 2 | 3 | 4 | 5 | 6 |
| "A"-HEALTHY HABITS LUNCH * Chicken Strips BBQ Sauce Corn Fresh Fruit/Seasonal Chocolate Chip Cookies Milk, Fat Free B' CHOICE Hot Dog GRAB-N-GO | "A"-HEALTHY HABITS LUNCH Grilled Hamburger on WG Bun *Tater Tots Green Beans Fresh Fruit/Seasonal Milk, Fat Free B' CHOICE Cheese Quesadilla GRAB-N-GO | "A"-HEALTHY HABITS LUNCH *Chicken Drumstick Buttered Noodles Mixed Vegetables *Angel Food Cake Milk, Fat Free B' CHOICE Pig in a Blanket GRAB-N-GO | "A"-HEALTHY HABITS LUNCH *Fish Sticks & Tartar Sauce Green Beans Applesauce Flavorful Jell-O Milk, Fat Free B' CHOICE Ham Sliders GRAB-N-GO | "A"-HEALTHY HABITS LUNCH PAPA JOHNS PEPPERONI PIZZA SALAD FRESH FRUIT/SEASONAL FRUIT SNACKS MILK, FAT FREE B' CHOICE NO ALTERNATE GRAB-N-GO |
| Italian Sub Sandwich, WG Fritos, WG Fresh Fruit/Seasonal *Teddy Grahams Milk, Fat Free | Turkey & Cheese Wrap *Cheddar Goldfish, WG Fresh Fruit/Seasonal *Mini Rice Krispies Treat Milk, Fat Free | Popcorn Chicken Wrap *Mini Twist Pretzels Fresh Fruit/Seasonal Fresh Vegetables & Dip Milk, Fat Free | Chicken Salad Slider on WG Bun Fresh Broccoli Lite Ranch Dressing Applesauce *Teddy Grahams Milk, Fat Free | Bagel & Cream Cheese Fresh Fruit/Seasonal Cottage Cheese Raisins Milk, Fat Free |
| 9 | 10 | 11 | 12 | 13 |
| "A"-HEALTHY HABITS LUNCH *Chicken Rings *Au Gratin Potatoes Fresh Fruit/Seasonal *Oreo Cookie Milk, Fat Free B' CHOICE Pizza Stick GRAB-N-GO | "A"-HEALTHY HABITS LUNCH SUPERVISOR SPECIAL CARNIVAL DAY HOT DOG FRENCH FRIES COTTON CANDY ICE CREAM FRESH FRUIT MILK, FAT FREE B' CHOICE NO ALTERNATE GRAB-N-GO | "A"-HEALTHY HABITS LUNCH *Chicken Patty Sandwich WG *French Fries/Ketchup Green Beans Quartered Oranges Milk, Fat Free B' CHOICE Soft Taco GRAB-N-GO | "A"-HEALTHY HABITS LUNCH SPRING BREAK SPECIAL FLORIDA FRENCH TOAST WITH SUNNY SYRUP "BACON" IN THE SUN ST. THOMAS TOTS FROLICKING FRUIT MIAMI MILK B' CHOICE Scrambled Eggs GRAB-N-GO | "A"-HEALTHY HABITS LUNCH PAPA JOHNS CHEESE PIZZA SALAD FRESH FRUIT/SEASONAL COOKIE MILK, FAT FREE B' CHOICE NO ALTERNATE GRAB-N-GO |
| Chicken Wrap/Chopped Lettuce Light Ranch Dressing *Mini Chocolate Chip Cookie Fresh Fruit/Seasonal Milk, Fat Free | Turkey & Swiss on French Raisins Fresh Vegetables & Dip Chilled Pudding Milk, Fat Free | Chicken Snack Wrap Fresh Carrots & Broccoli with Dip Pears Milk, Fat Free | Poor Boy on WG Coney Bun *Potato Chips Fresh Fruit/Seasonal *Mini Rice Krispies Treat Milk, Fat Free | Tuna Salad Sandwich, WG *Fritos, WG Veggies & Dip Fresh Fruit/Seasonal Milk, Fat Free |
| 16 | 17 | 18 | 19 | 20 |
| SPRING BREAK - DAYCARE ONLY | | | | |
| Tempura Chicken Nuggets GRAB-N-GO BLT Sandwich, WG *Mini Twist Pretzels Fresh Fruit/Seasonal *Chocolate Chip Gripz WG Milk, Fat Free | Sloppy Joes GRAB-N-GO Cheerios, WG with Milk Banana Low fat Yogurt *Homemade Muffin Treat Milk, Fat Free | Boneless Chicken Drumsticks GRAB-N-GO Salami & Cheese Sandwich, WG *Baked Potato Chips Fresh Fruit/Seasonal *Mini Rice Krispies Treat Milk, Fat Free | Popcorn Shrimp GRAB-N-GO Ham & Cheese Sandwich, WG Fresh Vegetables w/dip Pineapple Chunks Oreo Cookies Milk, Fat Free | Sausage Pizza Square GRAB-N-GO String Cheese Sticks & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free |
| 23 | 24 | 25 | 26 | 27 |
| "A"-HEALTHY HABITS LUNCH *Popcorn Chicken *Seasoned Fries Fresh Fruit/Seasonal *Homemade Brownie Milk, Fat Free B' CHOICE BBQ RIB GRAB-N-GO | "A"-HEALTHY HABITS LUNCH Golden Grilled Cheese, WG Tossed Salad Lite Italian Dressing Applesauce *Chocolate Chip Gripz WG Milk, Fat Free B' CHOICE Cheese Stuffed Pretzel GRAB-N-GO | "A"-HEALTHY HABITS LUNCH *Chicken Nuggets *French Fries Fresh Fruit/Seasonal *Chocolate Chip Gripz WG Milk, Fat Free B' CHOICE Grilled Ham & Cheese GRAB-N-GO | "A"-HEALTHY HABITS LUNCH *Jumbo Corn Dog Peas & Carrots Fresh Fruit/Seasonal *Vanilla Wafers Milk, Fat Free B' CHOICE Chicken Patty GRAB-N-GO | "A"-HEALTHY HABITS LUNCH PAPA JOHNS PEPPERONI PIZZA SALAD FRESH FRUIT/SEASONAL RICE KRISPIES TREAT MILK, FAT FREE B' CHOICE NO ALTERNATE GRAB-N-GO |
| Turkey & American Cheese Wrap Raisins Carrot Sticks *Angel Food Cake Milk, Fat Free | Tuna Salad Sandwich, WG *Fritos, WG Veggies & Dip Fresh Fruit/Seasonal Milk, Fat Free | Chicken Caesar Wrap Fresh Carrot Sticks Light Ranch Dressing Grapes Chocolate Brownie Milk, Fat Free | BLT Wrap Fresh Fruit/Seasonal Strawberry Yogurt *Cheddar Goldfish, WG Milk, Fat Free | Italian Sub Sandwich, WG Fritos, WG Fresh Fruit/Seasonal *Teddy Grahams Milk, Fat Free |
| 30 | 31 | | | |
| "A"-HEALTHY HABITS LUNCH *Bosco Breadstick Spaghetti Sauce Tossed Salad Lite Ranch Dressing Applesauce Oreo Cookies Milk, Fat Free B' CHOICE Toasted Ravioli GRAB-N-GO | "A"-HEALTHY HABITS LUNCH Hamburger on WG Bun Tiny Twist Pretzel Fresh Fruit Fruit Snack Milk, Fat Free B' CHOICE Fish Stix GRAB-N-GO | | | |
| Ham & Cheese on Bagel *Cheddar Goldfish, WG Applesauce *Teddy Grahams Milk, Fat Free | Trix Cereal Bar, WG Banana Low-fat Yogurt Hard Boiled Egg Milk, Fat Free | | | |
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| DAILY SPECIAL FOR GRADES 6-8 | | | | |
| MONDAY BUFFALO CHICKEN WITH FRIES | TUESDAY DOUBLE CHEESEBURGER WITH CHIPS | WEDNESDAY SUB SANDWICH WITH CHIPS | THURSDAY 1 BOSCO, 2 CHICKEN RINGS 2 CHICKEN NUGGETS | FRIDAY GRILLED CHICKEN WITH FRIES |

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



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"Serving You With Pride"

