



S.L.U.H.
"Healthy Habits" Plate Lunch Menu
March 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Healthy Habits Lunch Toasted Ravioli with Marinara Sauce Pasta with Red Sauce Green Beans Seasonal Fresh Fruit Milk, 1% Fat	Healthy Habits Lunch Turkey Divan Buttered Noodles Garlic Toast Fresh Grapes Chocolate Pudding Milk, 1% Fat	Healthy Habits Lunch Chicken Cordon Bleu White Rice Fresh Steamed Broccoli Strawberry Yogurt Milk, 1% Fat	Healthy Habits Lunch Chicken Parmesan Pasta with Red Sauce Mixed Vegetable Medley Bread Stick Jell-O Milk, 1% Fat	Healthy Habits Lunch Baked Pollock Rice Pilaf Whole Grain Bread Fresh Vegetables with Dip Chocolate Brownie Milk, 1% Fat
Specialty Salad Key Salad	Specialty Salad Taco Salad	Specialty Salad Caesar Salad	Specialty Salad Spinach Salad	Specialty Salad 7-Layer Salad
Daily Special Lil' Charlie's Pizza	Daily Special Chicken Bites	Daily Special Meatball Sandwiches	Daily Special Chinese Combos	Daily Special Pasta with Garlic Cheese Bread
8	9	10	11	12
Healthy Habits Lunch Seasoned Chicken Filet on Wheat Bun with Lettuce & Tomato Corn Fresh Fruit Vanilla Ice Cream Milk, 1% Fat	Healthy Habits Lunch Szechwan Meatballs Steamed Rice Stir Fry Vegetables Orange Sherbet Cups Milk, 1% Fat	Healthy Habits Lunch BBQ Burger Baked Beans Corn Watermelon Milk, 1% Fat	Healthy Habits Lunch Baked Mostaccioli Garlic Toast Green Beans Italian Salad with Light Italian Dressing Seasonal Fresh Fruit Milk, 1% Fat	NO SCHOOL
Specialty Salad Fresh Fruit	Specialty Salad Mexicana Salad	Specialty Salad Apple Cranberry Salad	Specialty Salad Chinese Slaw	
Daily Special Toasted Ravioli	Daily Special Chicken Rings	Daily Special Steak & Cheese	Daily Special Papa Johns Pizza	
15	16	17	18	19
NO SCHOOL	Healthy Habits Lunch Roast Beef Mashed Potatoes Gravy Corn Strawberry Cream Bar Milk, 1% Fat	Healthy Habits Lunch Sweet & Sour Chicken Steamed Rice Chinese Slaw Fortune Cookie Vanilla Ice Cream Cup Milk, 1% Fat	Healthy Habits Lunch Chicken Parmesan Pasta with Red Sauce Mixed Vegetable Medley Bread Stick Jell-O Milk, 1% Fat	Healthy Habits Lunch Shrimp Po' Boy Veggie Sticks Baked Chips Grapes Milk, 1% Fat
	Specialty Salad Cucumber Pasta Salad	Specialty Salad Corn Bread Salad	Specialty Salad St. Louis Hill Salad	Specialty Salad Key Salad
	Daily Special Taco Salad	Daily Special Brunch for Lunch	Daily Special Chicken Strips	Daily Special Stuffed Crust Pizza
22	23	24	25	26
Healthy Habits Lunch Philly Cheese Steak Curly Fries Grapes Milk, 1% Fat	1/2 DAY	EXAMS	EXAMS	EXAMS
Specialty Salad BLT Salad				
Daily Special Bosco Pizza				
29	30	31		
	SPRING BREAK!			
Deluxe Salad Bar Soup & Salad Special Daily Fresh Fruit		1% White Milk 1% Chocolate Milk Skim Milk		Deluxe Deli Bar Ice Cream Novelties