



# ST. ELIZABETH ACADEMY CAFETERIA MENU



December 2011

\* Baked

• Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
	Merry Christmas and Happy New Year from the Cafeteria Staff!		<b>Healthy Habits Lunch</b> Chicken Fajitas Spanish Rice Chilled Fruit Homemade Brownie Milk, 1% Fat	<b>Healthy Habits Lunch</b> Golden Grilled Cheese Tossed Salad Lite Italian Dressing Applesauce Rice Krispies Square Milk, 1% Fat			
			<b>Specialty Salad</b> <b>BREAKFAST</b> Juice Egg & Cheese Sandwich Fruit Milk, 1% Fat	<b>Specialty Salad</b> <b>BREAKFAST</b> Fruit Cinnamon Roll Cereal Milk, 1% Fat			
			5	6	7	8	
			<b>Healthy Habits Lunch</b> BBQ Pulled Chicken Corn Fries Chilled Fruit Milk, 1% Fat	<b>Healthy Habits Lunch</b> ★ Popcorn Chicken ★ Seasoned Fries Fresh Fruit/Seasonal ★ Animal Crackers Milk, 1% Fat	<b>Healthy Habits Lunch</b> Hamburger Stroganoff Green Beans Chilled Fruit Jell-O Milk, 1% Fat	<b>NO SCHOOL</b>	<b>Healthy Habits Lunch</b> T.G.I.F. Domino's Pizza Salad Chilled Fruit Cookie Milk, 1% Fat
			<b>Specialty Salad</b> <b>BREAKFAST</b> Juice French Toast Sticks with Syrup Yogurt Milk, 1% Fat	<b>Specialty Salad</b> <b>BREAKFAST</b> Juice Cereal Long John Donut Milk, 1% Fat	<b>Specialty Salad</b> <b>BREAKFAST</b> Juice Sausage Biscuit Sandwich Milk, 1% Fat	<b>Specialty Salad</b> <b>BREAKFAST</b> Juice Tator Tots Yogurt Milk, 1% Fat	
12	13	14	15	16			
<b>Healthy Habits Lunch</b> ★ Bosco Breadstick Spaghetti Sauce Tossed Salad Lite Ranch Dressing Applesauce Newton Fruit Crisp Milk, 1% Fat 	<b>Healthy Habits Lunch</b> Chicken Caesar Wrap Fresh Carrot Sticks with Ranch Dressing Chilled Fruit Jell-O Milk, 1% Fat	<b>Healthy Habits Lunch</b> Egg & Cheese Quiche Sausage Patty Fresh Fruit Yogurt Milk, 1% Fat	<b>Healthy Habits Lunch</b> Baked Meatloaf Mashed Potatoes & Gravy Corn Sherbet Milk, 1% Fat	<b>Healthy Habits Lunch</b> ALL SCHOOL LUNCH			
<b>Specialty Salad</b> <b>BREAKFAST</b> Juice Poptart Yogurt Milk, 1% Fat	<b>Specialty Salad</b> <b>BREAKFAST</b> Fruit Cinnamon Roll Cereal Milk, 1% Fat	<b>Specialty Salad</b> <b>BREAKFAST</b> Fruit Ultimate Breakfast Round Yogurt Milk, 1% Fat	<b>Specialty Salad</b> <b>BREAKFAST</b> Juice French Toast Sticks with Syrup Yogurt Milk, 1% Fat	<b>Specialty Salad</b> <b>BREAKFAST</b> Fruit Bagel & Cream Cheese Milk, 1% Fat			
19	20	21	22	23			
<b>Healthy Habits Lunch</b> Papa Johns Pizza Salad Chilled Fruit Cookie Milk, 1% Fat 	<b>Healthy Habits Lunch</b> NO LUNCH BREAKFAST ONLY	<b>Healthy Habits Lunch</b> NO LUNCH BREAKFAST ONLY	<b>NO SCHOOL</b> 	<b>NO SCHOOL</b> 			
<b>Specialty Salad</b> <b>BREAKFAST</b> Juice French Toast Sticks with Syrup Yogurt Milk, 1% Fat	<b>Specialty Salad</b> <b>BREAKFAST</b> Juice English Muffin with Egg-Bacon-Cheese Milk, 1% Fat	<b>Specialty Salad</b> <b>BREAKFAST</b> Juice Cereal Long John Donut Milk, 1% Fat					
26	27	28	29	30			
<b>NO SCHOOL</b> 	<b>NO SCHOOL</b>	<b>NO SCHOOL</b> 	<b>NO SCHOOL</b> 	<b>NO SCHOOL</b>			

The following items will be offered:

**HOT A LA CARTE:**

Hamburger on a Bun	1.50
Cheeseburger on a Bun	1.70
Bacon Cheeseburger	2.10
Grilled Cheese	1.35/1.90
Breaded Chicken Patty on Bun	2.15
Grilled Chicken Patty on Bun	2.45
French Fries	1.50/1.65

SALAD BAR - DAILY - .45 an ounce

**COLD A LA CARTE:**

Bagels	1.30
Cream Cheese	.40/.50
P.B. J.	1.25
Cold Sandwiches	1.75 & up
Assorted Chips	1.00
Ice Cream Novelties	.95 & up
Home baked Cookies	1.20/1.65
Fresh Fruit	.55 & up
Hard Cooked Eggs	.50
Nachos with Cheese	2.00

MILK .50 (Skim, 1% Homogenized, Fat Free Chocolate)

MONDAYS
PIZZA DAY
TUESDAYS
SANDWICH BY THE INCH
WEDNESDAYS
PASTA DAY
THURSDAYS
WRAPS
FRIDAYS
COMBO DAY



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