



# ST. ELIZABETH ACADEMY CAFETERIA MENU



January 2012

\* Baked

• Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
NO SCHOOL 	<b>Healthy Habits Lunch</b> ★ Spicy Chicken Sandwich on Skinny Bun Fresh Vegetables w/ Dip ★ Baked Lays Orange Wedges Milk, 1% Fat	<b>Healthy Habits Lunch</b> ● Golden Grilled Cheese Tossed Salad Lite Italian Dressing Applesauce Rice Krispies Square Milk, 1% Fat	<b>Healthy Habits Lunch</b> ★ Chicken Parmesan Pasta with Red Sauce Mixed Vegetable Medley ★ Bread Stick Jell-O Milk, 1% Fat	<b>Healthy Habits Lunch</b> <b>SUPERVISOR SPECIAL</b>  CHEESEBURGER FRIES ICE CREAM FLOATS
	<b>Specialty Salad</b> <b>BREAKFAST</b> Fruit Long John Donut Cereal	<b>Specialty Salad</b> <b>BREAKFAST</b> Juice French Toast Sticks Yogurt	<b>Specialty Salad</b> <b>BREAKFAST</b> Egg & Cheese Sandwich Fruit Milk, 1% Fat	<b>Specialty Salad</b> <b>BREAKFAST</b> Juice Cinnamon Roll Cereal & Milk
9	10	11	12	13
<b>Healthy Habits Lunch</b> Turkey Panini Chips Chilled Fruit Pudding Milk, 1% Fat	<b>Healthy Habits Lunch</b> Flat Bread Pizza - Cheese Salad with Italian Dressing Sliced Peaches Chocolate Chip Cookies Milk, 1% Fat	<b>Healthy Habits Lunch</b> Oven Roasted Chicken Mashed Potatoes & Gravy Peas Brownie Milk, 1% Fat	<b>Healthy Habits Lunch</b> Pancake Ham Patty Tater Gems Apple Snapz Milk, 1% Fat	<b>Healthy Habits Lunch</b> <b>TGIF!</b> Domino's Pizza Salad Chilled Fruit Cookie Milk, 1% Fat
<b>Specialty Salad</b> <b>BREAKFAST</b> Fruit Tator Tots Yogurt Milk, 1% Fat	<b>Specialty Salad</b> <b>BREAKFAST</b> Juice Muffin Milk, 1% Fat	<b>Specialty Salad</b> <b>BREAKFAST</b> Ultimate Breakfast Round Yogurt Fruit Milk, 1% Fat	<b>Specialty Salad</b> <b>BREAKFAST</b> Apple Crisp Cereal Milk, 1% Fat	<b>Specialty Salad</b> <b>BREAKFAST</b> English Muffin Eggs with Cheese Fruit Milk, 1% Fat
16	17	18	19	20
NO SCHOOL MARTIN LUTHER KING DAY 	<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> ★ Turkey Hot Dog Topped with Chili & Cheese on Wheat Bun ★ Steak Fries Carrot Sticks & Dip Fresh Fruit/Seasonal 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> Macaroni & Cheese Green Beans Fresh Fruit/Seasonal ★ Chocolate Chip Cookie Milk, 1% Fat
	<b>Specialty Salad</b> <b>BREAKFAST</b> Juice Pop Tart Yogurt Milk, 1% Fat	<b>Specialty Salad</b> <b>BREAKFAST</b> Donut Cereal Juice Milk, 1% Fat	<b>Specialty Salad</b> <b>BREAKFAST</b> Cinnamon Roll Yogurt Baked Apples Milk, 1% Fat	<b>Specialty Salad</b> <b>BREAKFAST</b> Juice Tator Tots Yogurt Milk, 1% Fat
23	24	25	26	27
<b>Healthy Habits Lunch</b> ★ Chicken Rings ★ French Fries Fresh Fruit/Seasonal Vanilla Wafers Milk, 1% Fat	<b>Healthy Habits Lunch</b> Scrambled Eggs Bacon French Toast Sticks Orange Wedges Milk, 1% Fat	<b>Healthy Habits Lunch</b> White Bean Chicken Chili Cheese Biscuit Chilled Fruit Milk, 1% Fat	<b>Healthy Habits Lunch</b> ● Golden Grilled Cheese Tossed Salad Lite Italian Dressing Applesauce Rice Krispies Square Milk, 1% Fat	<b>Healthy Habits Lunch</b> Pasta Alfredo with Chicken Steamed Broccoli Breadstick Chocolate Chip Cookie Milk, 1% Fat
<b>Specialty Salad</b> <b>BREAKFAST</b> French Toast Stick Yogurt Juice Milk, 1% Fat	<b>Specialty Salad</b> <b>BREAKFAST</b> Bagel & Cream Cheese Fruit Milk, 1% Fat	<b>Specialty Salad</b> <b>BREAKFAST</b> English Muffin Egg, Bacon & Cheese Juice Milk, 1% Fat	<b>Specialty Salad</b> <b>BREAKFAST</b> Ultimate Breakfast Round Yogurt Fruit Milk, 1% Fat	<b>Specialty Salad</b> <b>BREAKFAST</b> Juice Chocolate Poptart Milk, 1% Fat
30	31			
NO CLASSES	<b>Healthy Habits Lunch</b> PAPA JOHNS PIZZA Salad Chilled Fruit Cookie Milk, 1% Fat			
	<b>Specialty Salad</b> <b>BREAKFAST</b> Tator Tots Yogurt Juice Milk, 1% Fat			

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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