



Logos School Cafeteria Healthy Habits Menu

FEBRUARY 2020



Menu subject to change



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<p>*Mostaccioli Tossed Salad Lite Italian Dressing Fresh Fruit/Seasonal *WG Dinner Rolls Milk, Fat Free</p> <p><i>Soup & Salad</i></p>	<p>Pot Roast Mashed Potatoes/Gravy Corn Fresh Fruit/ Seasonal Milk, Fat Free</p> <p><i>Ice Cream Soup & Salad</i></p>	<p>Chicken Wraps Chips Steamed Veggies Chicken Noodle Soup Fresh Fruit/Seasonal Milk, Fat Free</p> <p><i>Soup & Salad</i></p>	<p>Macho Nachos or Crunchy Tacos Steamed Veggies Fresh Fruit/Seasonal Milk, Fat Free</p> <p> <i>Ice Cream Soup & Salad</i></p>	<p>NO SCHOOL</p> <p></p>
10	11	12	13	14
<p>Pork Loin with Bacon Rosemary Potatoes Asparagus Fresh Fruit/Seasonal Milk, Fat Free</p> <p><i>Soup & Salad</i></p>	<p>*Lasagna with Meat Sauce *Fresh Breadsticks Tossed Salad Lite Ranch Dressing Fresh Fruit/Seasonal Milk, Fat Free</p> <p><i>Ice Cream Soup & Salad</i></p>	<p>Popcorn Chicken French Fries (Chili & Cheese) Fresh Fruit/Seasonal Milk, Fat Free</p> <p><i>Soup & Salad</i></p>	<p>Ham & Cheese or Grilled Cheese Chips Tomato Soup Fresh Fruit/Seasonal Milk, Fat Free</p> <p><i>Ice Cream Soup & Salad</i></p>	<p>BELLACINO'S PIZZA</p> <p> <i>Soup & Salad</i></p>
17	18	19	20	21
<p>NO SCHOOL</p> <p></p>	<p><u>BREAKFAST FOR LUNCH</u> French Toast Sticks Eggs Sausage Triangle Hash Browns Fresh Fruit/Seasonal Milk, Fat Free</p> <p><i>Ice Cream Soup & Salad</i></p>	<p>Baked Pork Steaks Green Beans Spanish Rice Fresh Fruit/Seasonal Milk, Fat Free</p> <p><i>Soup & Salad</i></p>	<p>Fried Pork Steak Brussels Sprouts Mac & Cheese Fresh Fruit/Seasonal Milk, Fat Free</p> <p><i>Ice Cream Soup & Salad</i></p>	<p>Philly Steak & Cheese French Fries Steamed Veggies Fresh Fruit/Seasonal Milk, Fat Free</p> <p><i>Soup & Salad</i></p>
24	25	26	27	28
<p>Chicken Alfredo Lettuce & Carrot Salad Lite Italian Dressing Fresh Fruit/Seasonal *Garlic Breadstick Milk, Fat Free</p> <p><i>Soup & Salad</i></p>	<p>Hot Wings or Regular Wings French Fries (Regular or Cheese) Fresh Fruit/Seasonal Milk, Fat Free</p> <p><i>Ice Cream Soup & Salad</i></p>	<p>Hot Dog on Bun or Bratwurst Steamed Veggies Chips Fresh Fruit/Seasonal Milk, Fat Free</p> <p> <i>Soup & Salad</i></p>	<p>Chicken Pot Pie Fresh Fruit/Seasonal Peach Cobbler Milk, Fat Free</p> <p><i>Ice Cream Soup & Salad</i></p>	<p>Fried Tilapia French Fries (Regular or Cheese) or Shrimp Steamed Veggies Fresh Fruit/Seasonal Milk, Fat Free</p> <p><i>Soup & Salad</i></p>

THE FOLLOWING ITEMS ARE AVAILABLE DAILY:

Fresh Salad Bar
Low-Fat Milk

Fresh Fruit
Soup of the Day

P B & J
Non-Carbonated Fountain Drinks

All FSC menus follow the USDA guidelines & Archdiocese Wellness Plan and have been approved by Registered Dietitian Associates, Inc. (does not include alternate entrée).



Food Service Consultants, Inc.

"Serving You With Pride"

