



Logos School Cafeteria Healthy Habits Menu



MARCH 2021



Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Chicken Nuggets Augratin Potatoes Green Beans Fresh Fruit, Seasonal Milk, Fat Free <i>Salad</i>	Roast Beef Mashed Potatoes/gravy Seasoned Green Beans Milk, Fat Free <i>Ice Cream Salad</i>	Bellacino's Pizza Chips Milk, Fat Free  <i>Salad</i>	Fried Tilapia French Fries Fresh Roll Veggies Milk, Fat Free <i>Ice Cream Salad</i>	
8	9	10	11	12
Pork Chops Rosemary Potatoes Broccoli w/cheese Milk, Fat Free <i>Salad</i>	Orange Chicken Steamed Rice Veggies Milk, Fat Free <i>Ice Cream Salad</i>	County-Fried Steak Mashed Potatoes/gravy Seasoned Corn Milk, Fat Free <i>Salad</i>	Cheeseburger or Hamburger on Bun Chips Milk, Fat Free <i>Ice Cream Salad</i>	
15	16	17	18	19
				
22	23	24	25	26
Fettuccine Alfredo Warm Breadstick Broccoli Milk, Fat Free <i>Salad</i>	Chicken Wings, Plain or Hot French Fries Fresh Roll Milk, Fat Free <i>Ice Cream Salad</i>	Macho Nacho Bar Cookie Milk, Fat Free <i>Salad</i>	1 Bosco Stick 2 Crab Rangoon 1 Egg Roll 2 Onion Rings Milk, Fat Free <i>Ice Cream Salad</i>	
29	30	31		
Spaghetti w/meat sauce Warm Breadstick Green Beans Milk, Fat Free <i>Salad</i>	BBQ Rib Augratin Potatoes Brussel Sprouts Milk, Fat Free <i>Ice Cream Salad</i>	Fried Chicken Scalloped Potatoes Veggies Milk, Fat Free <i>Salad</i>		

THE FOLLOWING ITEMS ARE AVAILABLE DAILY:

Fresh Salad Bar
Low-Fat Milk

Fresh Fruit

P B & J

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.
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