

FIRST BAPTIST CHRISTIAN ACADEMY

Healthy Habits Lunch

February 2012





the "B" Choice includes the sides listed with the "A" Choice

1% Milk or Fruit Juice available each day

★ Baked

● Whole Grain Ingredients

Soup & Salad Offered Daily

Monday	Tuesday	Wednesday	Thursday	Friday
SOUP: CHICKEN NOODLE	SOUP: VEGETABLE	SOUP: CHILI	SOUP: POTATO	SOUP: CHEF'S CHOICE
				
				
6 NATIONAL FETTUCCINI ALFREDO DAY 7		PAPA'S IN THE HOUSE!!! 8		9
"A" HEALTHY HABITS LUNCH ★ Boneless Chicken Drumsticks Mashed Potatoes with Gravy Chilled Applesauce ★ Fresh Brownie <u>"B" CHOICE</u> Bologna & Cheese GRAB-N-GO ● Ham & Cheese Sandwich Fresh Vegetables w/dip Pineapple Chunks Oreo Cookies	"A" HEALTHY HABITS LUNCH ★ Fettuccini Alfredo Steamed Broccoli ★ Fresh Breadsticks ★ Chocolate Chip Cookie <u>"B" CHOICE</u> Sloppy Joe GRAB-N-GO ● Trix Cereal Bar Banana Lowfat Yogurt Hard Boiled Egg	"A" HEALTHY HABITS LUNCH ★ Papa Johns Cheese Pizza Salad Fruit Cookie <u>"B" CHOICE</u> NONE GRAB-N-GO ● Roast Beef Sandwich on French Fresh Vegetables w/dip ★ Animal Crackers Fresh Fruit/Seasonal	"A" HEALTHY HABITS LUNCH ● Cheeseburger on Bun Fresh Carrot Sticks ★ Mini Twist Pretzels Fresh Fruit/Seasonal <u>"B" CHOICE</u> Ravioli GRAB-N-GO ● Bagel & Cream Cheese Fresh Fruit/Seasonal Raisins Yogurt	"A" HEALTHY HABITS LUNCH ★ Chicken Rings ★ French Fries Fresh Fruit/Seasonal Vanilla Wafers <u>"B" CHOICE</u> Bosco Stix GRAB-N-GO ● Salami & Cheese Sandwich ★ Potato Chips Fresh Fruit/Seasonal ★ Fresh Brownie
13		14		15
"A" HEALTHY HABITS LUNCH ● Hot Dog on Bun Chili Dip ★ Seasoned Fries Frozen 100% Fruit Juice Bar <u>"B" CHOICE</u> Chicken Rings GRAB-N-GO String Cheese Sticks & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt	"A" HEALTHY HABITS LUNCH ★ Bowl of Chili Scrabble Cheez-Its Chilled Pineapple Jell-O <u>"B" CHOICE</u> BBQ Rib GRAB-N-GO ● Turkey on Skinny Bun ★ Potato Chips Fresh Fruit/Seasonal Newton Fruit Crisp	"A" HEALTHY HABITS LUNCH ★ Chicken Nuggets Mashed Potatoes & Gravy Mixed Vegetables Vanilla Ice Cream Cup <u>"B" CHOICE</u> Pig in a Blanket GRAB-N-GO ● Cheerios with Milk Banana Low fat Yogurt ★ Homemade Muffin Treat	"A" HEALTHY HABITS LUNCH ★ Jumbo Corn Dog Corn Fresh Fruit/Seasonal Animal Crackers <u>"B" CHOICE</u> Pizza Stix GRAB-N-GO Chicken Snack Wrap Fresh Carrots & Broccoli with Dip Pears Fruit Snack	"A" HEALTHY HABITS LUNCH ● Hot Dog on Bun ★ Potato Chips Fresh Fruit/Seasonal 2 Pack Oreo Cookies <u>"B" CHOICE</u> Bologna & Cheese NO SCHOOL
20		21		22
PRESIDENTS DAY ALL FACILITIES CLOSED 		"A" HEALTHY HABITS LUNCH SUPERVISOR SPECIAL PERSONAL PAN CHEESE PIZZA SALAD <u>"B" CHOICE</u> NONE GRAB-N-GO Chicken Salad on Pita Fresh Broccoli/Lite Ranch Dressing Applesauce ★ Chocolate Elf Grahams	"A" HEALTHY HABITS LUNCH ★ Popcorn Chicken ★ Seasoned Fries Fresh Fruit/Seasonal ★ Animal Crackers <u>"B" CHOICE</u> Popcorn Shrimp GRAB-N-GO ● Ham & Cheese on Bagel ★ Scrabble Cheez-Its Applesauce ★ Teddy Grahams	"A" HEALTHY HABITS LUNCH ● Hamburger on Bun ★ Tater Tots Green Beans Fresh Fruit/Seasonal <u>"B" CHOICE</u> Nacho Cheese Ravioli GRAB-N-GO Turkey & American Cheese Wrap Raisins Carrot Sticks Yogurt
27		28		29
"A" HEALTHY HABITS LUNCH ★ Pancake & Sausage on a Stick Syrup ★ Tater Tots Orange Half <u>"B" CHOICE</u> Scrambled Eggs GRAB-N-GO ● Chicken Patty on Bun Cheddar Goldfish Raisins Jell-O	"A" HEALTHY HABITS LUNCH ★ Chicken Nuggets ★ French Fries Fresh Fruit/Seasonal ★ Homemade Blueberry Treat <u>"B" CHOICE</u> BBQ Rib GRAB-N-GO ● Ham & Cheese Sandwich Fresh Vegetables w/dip Pineapple Chunks Oreo Cookies	"A" HEALTHY HABITS LUNCH Papa Johns Pepperoni Pizza Salad Fruit Cookie <u>"B" CHOICE</u> NONE GRAB-N-GO ● Tuna Salad Sandwich ★ Sun Chips Veggies & Dip Fresh Fruit/Seasonal		

All FSC menus follow the USDA guidelines and have been approved by Registered Dietitian Associates, Inc.

Comparable food substitutions may be made according to supplier's availability

** If you arrive after 9:15 am the lunch choice MUST be the Grab & Go **



Food Service Consultants, Inc.

"Serving You With Pride"

