

FIRST BAPTIST CHRISTIAN ACADEMY

Healthy Habits Lunch

January 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 |
| 2 | 3 | 4 | 5 | 6 |
| <p style="text-align: center;">ALL FACILITIES CLOSED</p> | <p>"A" HEALTHY HABITS LUNCH</p> <ul style="list-style-type: none"> ★ Chicken Rings ★ French Fries Fresh Fruit/Seasonal Vanilla Wafers <p style="text-align: center;">"B" CHOICE</p> <p style="text-align: center;">Grilled Cheese</p> <p style="text-align: center;">GRAB-N-GO</p> <ul style="list-style-type: none"> Bagel & Cream Cheese Fresh Fruit/Seasonal Raisins Yogurt | <p>"A" HEALTHY HABITS LUNCH</p> <p style="text-align: center;">PASTA DAY</p> <ul style="list-style-type: none"> Spaghetti with Meat Sauce Green Beans ★ Fresh Breadstick Fruit Snack <p style="text-align: center;">"B" CHOICE</p> <p style="text-align: center;">Bosco Stick</p> <p style="text-align: center;">GRAB-N-GO</p> <ul style="list-style-type: none"> Chicken Caesar Wrap Fresh Carrot Sticks Light Ranch Dressing Pears Jell-O | <p>"A" HEALTHY HABITS LUNCH</p> <p style="text-align: center;">MANAGER SPECIAL-ESKIMO PICNIC</p> <ul style="list-style-type: none"> Sled Dogs (Corn Dog) Polar Bear Snack (French Fries) Harpoons (Celery Sticks) Igloo Blocks (Jell-O) <p style="text-align: center;">"B" CHOICE</p> <p style="text-align: center;">BBQ Rib</p> <p style="text-align: center;">GRAB-N-GO</p> <ul style="list-style-type: none"> Turkey & Cheese Wrap ★ Scrabble Cheez-Its Fresh Fruit/Seasonal Newton Fruit Crisp | <p>"A" HEALTHY HABITS LUNCH</p> <p style="text-align: center;">BREAKFAST FOR LUNCH!</p> <ul style="list-style-type: none"> ★ Pancake with Syrup ★ Sausage Patty Fresh Fruit/Seasonal Tator Tots <p style="text-align: center;">"B" CHOICE</p> <p style="text-align: center;">Scrambled Eggs</p> <p style="text-align: center;">GRAB-N-GO</p> <ul style="list-style-type: none"> Italian Sub Sandwich Nacho Cheese Doritos Fresh Fruit/Seasonal Teddy Grahams |
| 9 | 10 | 11 | 12 | 13 |
| <p>"A" HEALTHY HABITS LUNCH</p> <ul style="list-style-type: none"> ★ Chicken Strips BBQ Sauce Corn Fresh Fruit/Seasonal ★ Honey Graham Crackers <p style="text-align: center;">"B" CHOICE</p> <p style="text-align: center;">Turkey & Cheese on French</p> <p style="text-align: center;">GRAB-N-GO</p> <ul style="list-style-type: none"> Turkey & American Cheese Wrap Raisins Carrot Sticks Yogurt | <p>"A" HEALTHY HABITS LUNCH</p> <ul style="list-style-type: none"> ★ Fish Sticks & Tartar Sauce Green Beans Applesauce ★ Bug Bites Cinnamon Grahams <p style="text-align: center;">"B" CHOICE</p> <p style="text-align: center;">Sloppy Joe</p> <p style="text-align: center;">GRAB-N-GO</p> <ul style="list-style-type: none"> Hamburger on Bun Tiny Twist Pretzel Fresh Fruit Fruit Snack | <p>"A" HEALTHY HABITS LUNCH</p> <p style="text-align: center;">PAPA'S IN THE HOUSE!</p> <ul style="list-style-type: none"> Papa Johns Cheese Pizza Salad Oranges Rice Krispies Treats <p style="text-align: center;">"B" CHOICE</p> <p style="text-align: center;">GRAB-N-GO</p> <ul style="list-style-type: none"> Tuna Salad Sandwich ★ Sun Chips Veggies & Dip Fresh Fruit/Seasonal | <p>"A" HEALTHY HABITS LUNCH</p> <ul style="list-style-type: none"> ● Chicken Nuggets French Fries Fresh Fruit/Seasonal ★ Homemade Blueberry Treat <p style="text-align: center;">"B" CHOICE</p> <p style="text-align: center;">Cheese Lasagna Roll Up</p> <p style="text-align: center;">GRAB-N-GO</p> <ul style="list-style-type: none"> Chicken Salad on Pita Fresh Broccoli/Lite Ranch Dressing Applesauce ★ Chocolate Elf Grahams | <p>"A" HEALTHY HABITS LUNCH</p> <ul style="list-style-type: none"> ● Cheeseburger on Bun Fresh Carrot Sticks ★ Mini Twist Pretzels Fresh Fruit/Seasonal <p style="text-align: center;">"B" CHOICE</p> <p style="text-align: center;">Bologna & Cheese Sandwich</p> <p style="text-align: center;">GRAB-N-GO</p> <ul style="list-style-type: none"> Salami & Cheese Sandwich ★ Potato Chips Fresh Fruit/Seasonal ★ Fresh Brownie |
| 16 | 17 | 18 | 19 | 20 |
| <p>"A" HEALTHY HABITS LUNCH</p> <ul style="list-style-type: none"> ● Ham & Cheese Sandwich Fresh Vegetables w/dip Pineapple Chunks Oreo Cookies <p style="text-align: center;">"B" CHOICE</p> <p style="text-align: center;">Turkey & Cheese Sandwich</p> <p style="text-align: center;">GRAB-N-GO</p> <p style="text-align: center;">NO SCHOOL - MLK DAY</p> | <p>"A" HEALTHY HABITS LUNCH</p> <ul style="list-style-type: none"> ★ Pizza Stix Tossed Salad Lite Ranch Dressing Fresh Fruit/Seasonal Chocolate Brownie <p style="text-align: center;">"B" CHOICE</p> <p style="text-align: center;">BBQ Rib</p> <p style="text-align: center;">GRAB-N-GO</p> <ul style="list-style-type: none"> ● Cheerios with Milk Banana Low fat Yogurt ★ Homemade Muffin Treat | <p>"A" HEALTHY HABITS LUNCH</p> <p style="text-align: center;">SUPERVISOR SPECIAL-COMBO DAY!</p> <p>Choice of:</p> <ul style="list-style-type: none"> Chicken Rings & Fries Hamburger & Fries Hot Dog & Fries Grilled Cheese & Fries with Fruit on the Side <p style="text-align: center;">"B" CHOICE</p> <p style="text-align: center;">NONE</p> <p style="text-align: center;">GRAB-N-GO</p> <ul style="list-style-type: none"> ● Tuna Salad Sandwich ★ Sun Chips Veggies & Dip Fresh Fruit/Seasonal | <p>"A" HEALTHY HABITS LUNCH</p> <p style="text-align: center;">NATIONAL POPCORN DAY!</p> <ul style="list-style-type: none"> ★ Popcorn Chicken ★ Seasoned Fries Fresh Fruit/Seasonal ★ Animal Crackers <p style="text-align: center;">"B" CHOICE</p> <p style="text-align: center;">Popcorn Shrimp</p> <p style="text-align: center;">GRAB-N-GO</p> <ul style="list-style-type: none"> ● Turkey on Skinny Bun ★ Potato Chips Fresh Fruit/Seasonal Newton Fruit Crisp | <p>"A" HEALTHY HABITS LUNCH</p> <ul style="list-style-type: none"> ★ Scrambled Eggs ★ Bacon Yogurt ★ Homemade Blueberry Treat <p style="text-align: center;">"B" CHOICE</p> <p style="text-align: center;">French Toast Stix</p> <p style="text-align: center;">GRAB-N-GO</p> <ul style="list-style-type: none"> Chicken Snack Wrap Fresh Carrots & Broccoli with Dip Pears Fruit Snack |
| 23 | 24 | 25 | 26 | 27 |
| <p>"A" HEALTHY HABITS LUNCH</p> <ul style="list-style-type: none"> ● Hamburger on Bun ★ Tater Tots Green Beans Fresh Fruit/Seasonal <p style="text-align: center;">"B" CHOICE</p> <p style="text-align: center;">Nacho Cheese Ravioli</p> <p style="text-align: center;">GRAB-N-GO</p> <ul style="list-style-type: none"> ● Ham & Cheese Sandwich Fresh Vegetables w/dip Pineapple Chunks Oreo Cookies | <p>"A" HEALTHY HABITS LUNCH</p> <ul style="list-style-type: none"> ★ Chicken Nuggets ★ French Fries Fresh Fruit/Seasonal ★ Homemade Blueberry Treat <p style="text-align: center;">"B" CHOICE</p> <p style="text-align: center;">Bowl of Chili</p> <p style="text-align: center;">GRAB-N-GO</p> <ul style="list-style-type: none"> String Cheese Sticks & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt | <p>"A" HEALTHY HABITS LUNCH</p> <ul style="list-style-type: none"> ★ Pig in a Blanket Macaroni & Cheese Vegetable Sticks Flavored Jell-O <p style="text-align: center;">"B" CHOICE</p> <p style="text-align: center;">Chicken Strips</p> <p style="text-align: center;">GRAB-N-GO</p> <ul style="list-style-type: none"> Ham & Cheese on Bagel ★ Scrabble Cheez-Its Applesauce ★ Teddy Grahams | <p>"A" HEALTHY HABITS LUNCH</p> <p style="text-align: center;">BREAKFAST FOR LUNCH!</p> <ul style="list-style-type: none"> ★ French Toast Sticks Syrup ★ Ham Patty ★ Tater Tots Apple Snapz <p style="text-align: center;">"B" CHOICE</p> <p style="text-align: center;">Pancakes</p> <p style="text-align: center;">GRAB-N-GO</p> <ul style="list-style-type: none"> BLT Wrap Fresh Fruit/Seasonal Strawberry Yogurt ★ Cheddar Goldfish | <p>"A" HEALTHY HABITS LUNCH</p> <ul style="list-style-type: none"> ★ Chicken Fajita Spanish Rice Tossed Salad ★ Homemade Brownie <p style="text-align: center;">"B" CHOICE</p> <p style="text-align: center;">Crunchy Taco</p> <p style="text-align: center;">GRAB-N-GO</p> <ul style="list-style-type: none"> Chicken Wrap & Chopped Lettuce Light Ranch Dressing ★ Mini Twist Pretzels Fresh Fruit/Seasonal |
| 30 | 31 | | | |
| PAPA'S IN THE HOUSE! | | | | |
| <p>"A" HEALTHY HABITS LUNCH</p> <ul style="list-style-type: none"> ★ Chicken Patty Sandwich ★ French Fries/Ketchup Green Beans Quartered Oranges <p style="text-align: center;">"B" CHOICE</p> <p style="text-align: center;">Toasted Ravioli</p> <p style="text-align: center;">GRAB-N-GO</p> <ul style="list-style-type: none"> ● BLT Sandwich ★ Mini Twist Pretzels Fresh Fruit/Seasonal ★ Chocolate Chip Cookie | <p>"A" HEALTHY HABITS LUNCH</p> <p style="text-align: center;">PAPA JOHN'S PEPPERONI PIZZA</p> <ul style="list-style-type: none"> Salad Oranges Rice Krispies Treats <p style="text-align: center;">"B" CHOICE</p> <p style="text-align: center;">NONE</p> <p style="text-align: center;">GRAB-N-GO</p> <ul style="list-style-type: none"> Roast Beef Sandwich on French Fresh Vegetables w/dip ★ Animal Crackers 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"

