



TRINITY CATHOLIC HIGH SCHOOL

"Healthy Habits" Plate Lunch Menu - January 2012



★ Baked	● Whole Grain Ingredients			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
NO SCHOOL 	NO SCHOOL	Healthy Habits Lunch Italian Sampler Plate Manicotti & Canneloni Marinara & Cream Sauce Steamed Broccoli Fresh Fruit/Seasonal Milk, 1% Fat	Healthy Habits Lunch ★ ● Cheese Flatbread Italian Salad Fresh Fruit/Seasonal Orange Dreamsicle Milk, 1% Fat	Healthy Habits Lunch PAPA JOHNS PIZZA
		Plate Lunch 5.45 Entrée 3.55 Specialty Salad Daily Special	Plate Lunch 5.40 Entrée 2.50 Specialty Salad Daily Special	Specialty Salad Daily Special
9	10	11	12	13
Healthy Habits Lunch ★ Toasted Ravioli with Marinara Sauce Salad with Ranch Dressing Green Beans Fresh Fruit/Seasonal Breadsticks ★ Milk, 1% Fat	Healthy Habits Lunch ★ Baked Meatloaf Mashed Potatoes & Gravy Corn Sherbet ★ ● Slice of Whole Grain Bread Milk, 1% Fat	Healthy Habits Lunch ● Pulled Pork on Wheat Bun Garden Salad with Light Ranch Dressing ★ Baked Chips Mini Rice Krispies Square Milk, 1% Fat	Healthy Habits Lunch ★ Seasoned Chicken Filet on Wheat Bun with Lettuce & Tomato Corn Fresh Fruit Vanilla Ice Cream Milk, 1% Fat	Healthy Habits Lunch <u>SUPERVISOR SPECIAL</u> BUFFALO CHICKEN WRAPS
Plate Lunch 5.25 Entrée with Sauce 2.75 Specialty Salad Daily Special	Plate Lunch 4.65 Entrée on Bun 2.55 Specialty Salad Daily Special	Plate Lunch 5.25 Entrée on Bun 2.90 Specialty Salad Daily Special	Plate Lunch 5.45 Entrée on Bun 2.85 Specialty Salad Daily Special	Specialty Salad Daily Special
16	17	18	19	20
MARTIN LUTHER KING DAY NO SCHOOL 	Healthy Habits Lunch ★ Pizza Calzone Garden Salad with Light Ranch Dressing Fresh Fruit/Seasonal Jell-O Milk, 1% Fat	Healthy Habits Lunch ★ ● BBQ Burger Baked Beans ★ Corn Fresh Fruit/Seasonal Milk, 1% Fat	Healthy Habits Lunch ★ Philly Cheese Steak Curly Fries Grapes Milk, 1% Fat	Healthy Habits Lunch PAPA JOHNS PIZZA
	Plate Lunch 5.25 Entrée 2.35 Specialty Salad Daily Special	Plate Lunch 4.50 Entrée on Bun 2.25 Specialty Salad Daily Special	Plate Lunch 5.95 Entrée 4.15 Specialty Salad Daily Special	Specialty Salad Daily Special
23	24	25	26	27
Healthy Habits Lunch ★ Spicy Chicken Sandwich on Skinny Bun Fresh Vegetables w/ Dip ★ Baked Lays Orange Wedges Milk, 1% Fat	Healthy Habits Lunch ★ Country Fried Steak Mashed Potatoes & Gravy Green Beans ★ Slice of Whole Grain Bread Sherbet Milk, 1% Fat	Healthy Habits Lunch ★ Roast Beef Mashed Potatoes Gravy Corn Orange Dreamsicle ★ Slice of Whole Grain Bread Milk, 1% Fat	Healthy Habits Lunch ★ Lasagna Roll-up with Sauce Italian Salad with Light Italian Dressing ★ Garlic Toast ★ Sugar Cookie Milk, 1% Fat	Healthy Habits Lunch <u>SUPERVISOR SPECIAL</u> WRAPS
Plate Lunch 5.80 Entrée on Skinny Bun 2.70 Specialty Salad Daily Special	Plate Lunch 4.70 Entrée on Bun 2.80 Specialty Salad Daily Special	Plate Lunch 5.85 Entrée on Bun 3.80 Specialty Salad Daily Special	Plate Lunch 4.95 Entrée (2) 2.95 Specialty Salad Daily Special	Specialty Salad Daily Special
30	31			
Healthy Habits Lunch ★ Chicken Parmesan Pasta with Red Sauce Mixed Vegetable Medley Bread Stick Jell-O Milk, 1% Fat	Healthy Habits Lunch ★ <u>Boat Load</u> Popcorn Chicken Mashed Potatoes Chicken Gravy Corn Shredded Cheese Milk, 1% Fat			
Plate Lunch 4.95 Entrée on Bun 2.85 Specialty Salad Daily Special	Plate Lunch 4.70 Specialty Salad Daily Special			

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



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"Serving You With Pride"

