



SOUTH CITY CATHOLIC ACADEMY







MARCH 2020



Menu items subject to change

*= Baked

WG=Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
HOT LUNCH French Toast Sticks Waffle Breaded Chicken Strip Pancake Syrup Fresh Fruit/Seasonal Yogurt Milk, Fat Free	HOT LUNCH DR. SEUSS DAY Cat 'n the Hat Grilled Cheese Sam I Am Chips Lorax Fresh Fruit Red Fish/Blue Fish Milk pudding with Whipped Cream 75 c	HOT LUNCH Macho Nachos, WG Shredded Lettuce & Tomato Fresh Fruit/Seasonal Yogurt Milk, Fat Free	HOT LUNCH *Chicken Nuggets Mashed Potatoes & Gravy Mixed Vegetables Fresh Fruit/Seasonal Milk, Fat Free	HOT LUNCH DOMINO'S PIZZA 
SALAD OF THE DAY: Chef Salad	SALAD OF THE DAY: Chicken Caesar Salad	SALAD OF THE DAY: BLT Salad	SALAD OF THE DAY: Taco Salad	SALAD OF THE DAY: St. Louis Hill Salad
ALT: Cheeseburger	ALT: Chicken Rings	ALT: Bosco Sticks	ALT: Toasted Ravioli	ALT: Grilled Cheese
9	10	11	12	13
HOT LUNCH Biscuit and Gravy Scrambled Eggs Hash Brown Triangle Fresh Fruit/Seasonal Milk, Fat Free	HOT LUNCH Mac & Cheese Cups Caesar Salad Fresh Fruit/Seasonal Jell-O Milk, Fat Free Sugar Cookies 75 c	HOT LUNCH DOMINO'S PIZZA 	HOT LUNCH SPRING BREAK SPECIAL Hawaiian Hot Dog Far Away French Fries Cayman Island Corn Florida Fruit Cocktail Ocean view Milk 	1/2 DAY NO FOOD SERVICE 
SALAD OF THE DAY: Chef Salad	SALAD OF THE DAY: Chicken Caesar Salad	SALAD OF THE DAY: BLT Salad	SALAD OF THE DAY: Taco Salad	
ALT: Cheeseburger	ALT: Chicken Rings	ALT: Bosco Sticks	ALT: Toasted Ravioli	
16	17	18	19	20
SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
				
23	24	25	26	27
HOT LUNCH Chicken Strips Seasoned Noodles Lettuce & Carrot Salad Light Ranch Dressing Fresh Fruit/Seasonal Milk, Fat Free	HOT LUNCH Bowl of Chili *Cheddar Goldfish, WG Fresh Fruit/Seasonal Jell-O Milk, Fat Free Churros 75 c	HOT LUNCH *Breaded Chicken Drumstick Buttered Noodles Mixed Vegetables Jell-O Milk, Fat Free	HOT LUNCH Hamburger Quesadilla Taco Fiesta Beans Fresh Fruit/Seasonal Jell-O Milk, Fat Free	FUNDRAISER LUNCH NO FSC
SALAD OF THE DAY: Chef Salad	SALAD OF THE DAY: Chicken Caesar Salad	SALAD OF THE DAY: BLT Salad	SALAD OF THE DAY: Taco Salad	
ALT: Cheeseburger	ALT: Chicken Rings	ALT: Bosco Sticks	ALT: Toasted Ravioli	
30	31			
HOT LUNCH *Pancake & Sausage on Stick, WG Syrup Tator Coins Fresh Fruit/Seasonal Milk, Fat Free	HOT LUNCH BLT Sandwich Veggie Sticks Fresh Fruit/Seasonal Goldfish Crackers Milk, Fat Free Berry & Yogurt Parfaits 75 c			
SALAD OF THE DAY: Chef Salad	SALAD OF THE DAY: Chicken Caesar Salad			
ALT: Cheeseburger	ALT: Chicken Rings			
PLATE LUNCH 3.70 JUNIOR KINDERGARTEN 2.60 EXTRA ENTRÉE 1.35	TUESDAY TREAT	BREAKFAST SERVED DAILY 7:30-7:45 CEREAL AND MILK \$1.50		DAILY SALADS MONDAY-CHEF TUESDAY-CHICKEN CAESAR WEDNESDAY-BLT THURSDAY-TACO

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"

