



ST. CHARLES BORROMEEO BOBCAT CAFÉ MENU AUGUST 2017



*= Baked

WG=Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14	15	16	17	18
	<p>EARLY RELEASE</p> <p>NO CAFÉ SERVICE</p>	<p>HOT LUNCH</p> <p>* Chicken Strips BBQ Sauce Corn Fresh Fruit/Seasonal Chocolate Chip Cookies Milk, Fat Free</p> <p>GRAB-N-GO</p> <p>String Cheese Sticks & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p> <p><i>Chicken Noodle Soup</i> <i>Garden Salad</i></p>	<p>HOT LUNCH</p> <p>BREAKFAST FOR LUNCH!</p> <p>*Pancake with Syrup *Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p> <p>GRAB-N-GO</p> <p>Cheerios, WG with Milk Banana Low fat Yogurt</p> <p>*Homemade Muffin Treat Milk, Fat Free</p> <p><i>Vegetable Soup</i> <i>Italian Salad</i></p>	<p>HOT LUNCH</p> <p>BELLACINO'S CHEESE OR PEPPERONI PIZZA TOSSED SALAD FRESH FRUIT/SEASONAL MILK, FAT FREE</p> <p>GRAB-N-GO</p> <p>Bagel & Cream Cheese Fresh Fruit/Seasonal Yogurt</p> <p>Raisins</p> <p><i>Broccoli Cheese Soup</i> <i>Garden Salad</i></p>
21	22	23	24	25
<p>HOT LUNCH</p> <p>THE GREAT AMERICAN TOTAL SOLAR ECLIPSE</p> <p>Sun Bosco Stick Moon Mixed Vegetables Solar Fruit Cocktail Silhouette Juice Bar Planet Milk</p> <p>GRAB-N-GO</p> <p>Chicken Caesar Wrap Baby Carrots Light Ranch Dressing Fresh Fruit/Seasonal Chocolate Brownie Milk, Fat Free</p> <p><i>Chicken Tortilla Soup</i> <i>Caesar Salad</i></p>	<p>HOT LUNCH</p> <p>*Grilled Chicken Sandwich Seasoned Noodles Celery Sticks with LF Ranch Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO</p> <p>Poor Boy on WG Coney Bun *Potato Chips Fresh Fruit/Seasonal *Mini Rice Krispies Treat Milk, Fat Free</p> <p><i>Tomato Soup</i> <i>BLT Salad</i></p>	<p>HOT LUNCH</p> <p>Cheeseburger on WG Bun Baby Carrots Jell-O Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO</p> <p>String Cheese Sticks & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p> <p><i>Chicken Noodle Soup</i> <i>Garden Salad</i></p>	<p>HOT LUNCH</p> <p>BREAKFAST FOR LUNCH!</p> <p>*French Toast Sticks Syrup *Bacon</p> <p>*Triangle Hash Brown Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO</p> <p>Cheerios, WG with Milk Banana Low fat Yogurt</p> <p>*Homemade Muffin Treat Milk, Fat Free</p> <p><i>Vegetable Soup</i> <i>Italian Salad</i></p>	<p>HOT LUNCH</p> <p>BELLACINO'S CHEESE OR SAUSAGE PIZZA TOSSED SALAD FRESH FRUIT/SEASONAL MILK, FAT FREE</p> <p>GRAB-N-GO</p> <p>Bagel & Cream Cheese Fresh Fruit/Seasonal Yogurt Raisins Milk, Fat Free</p> <p><i>Broccoli Cheese Soup</i> <i>Garden Salad</i></p>
28	29	30	31	
<p>HOT LUNCH</p> <p>Hot Dog on WG Bun *French Fries with Ketchup Fresh Fruit Fresh Veggies Lite Ranch Dressing Milk, Fat Free</p> <p>GRAB-N-GO</p> <p>Chicken Caesar Wrap Baby Carrots Light Ranch Dressing Fresh Fruit/Seasonal Chocolate Brownie Milk, Fat Free</p> <p><i>Chicken Tortilla Soup</i> <i>Caesar Salad</i></p>	<p>HOT LUNCH</p> <p>*Toasted Ravioli Green Beans Mandarin Oranges *Chocolate Chip Cookie Milk, Fat Free</p> <p>GRAB-N-GO</p> <p>Turkey & Cheese Wrap *Cheddar Goldfish, WG Fresh Fruit/Seasonal *Mini Rice Krispies Treat Milk, Fat Free</p> <p><i>Tomato Soup</i> <i>BLT Salad</i></p>	<p>HOT LUNCH</p> <p>*Chicken Nuggets Mashed Potatoes & Gravy Mixed Vegetables Rainbow Sherbet Milk, Fat Free</p> <p>GRAB-N-GO</p> <p>String Cheese Sticks & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free</p> <p><i>Chicken Noodle Soup</i> <i>Garden Salad</i></p>	<p>HOT LUNCH</p> <p>BREAKFAST FOR LUNCH!</p> <p>*Waffle with Syrup *Sausage Patty Peaches Strawberry Yogurt Cup Milk, Fat Free</p> <p>GRAB-N-GO</p> <p>Cheerios, WG with Milk Banana Low fat Yogurt</p> <p>*Homemade Muffin Treat Milk, Fat Free</p> <p><i>Vegetable Soup</i> <i>Italian Salad</i></p>	

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"

