



ST. CHARLES BORROMEEO BOBCAT CAFÉ MENU SEPTEMBER 2017



*= Baked

WG=Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%; text-align: center;"> </div> <div style="width: 50%; text-align: center;"> <p>1</p> <p>EARLY RELEASE</p> <p>NO CAFÉ SERVICE</p> </div> </div>				
4	5	6	7	8
<p>NO SCHOOL</p>	<p>HOT LUNCH</p> <p>Soft Pretzels with Cheese, WG Baby Carrots Light Ranch Dressing Fresh Fruit/Seasonal Rice Krispies Treat Milk, Fat Free</p> <p>GRAB-N-GO</p> <p>Bologna & Cheese Sandwich *Potato Chips Fresh Fruit/Seasonal Oreo Cookies Milk, Fat Free <i>Chicken Noodle Soup</i> <i>Garden Salad</i></p>	<p>HOT LUNCH</p> <p>Golden Grilled Cheese, WG Fresh Vegetables w/dip Applesauce Vanilla Ice Cream Milk, Fat Free</p> <p>GRAB-N-GO</p> <p>BLT Sandwich Mini Twist Pretzels Fresh Fruit/Seasonal Chocolate Chip Cookie Milk, Fat Free <i>Chicken Noodle Soup</i> <i>Garden Salad</i></p>	<p>HOT LUNCH</p> <p>*Pancake & Sausage on Stick, WG Syrup Tator Coins Orange Half Milk, Fat Free</p> <p>GRAB-N-GO</p> <p>Cheerios, WG with Milk Banana Low fat Yogurt *Homemade Muffin Treat Milk, Fat Free <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 <i>Broccoli Cheese Soup</i> <i>Garden Salad</i></p>
11	12	13	14	15
<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 & American Cheese Wrap Raisins Baby Carrots with Lite Ranch Jell-O Milk, Fat Free <i>Chicken Tortilla Soup</i> <i>Caesar Salad</i></p>	<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>BLT Sandwich Mini Twist Pretzels Fresh Fruit/Seasonal Chocolate Chip Cookie Milk, Fat Free <i>Chicken Noodle Soup</i> <i>Garden Salad</i></p>	<p>HOT LUNCH</p> <p>Macho Nachos, WG Shredded Lettuce & Tomato Fresh Fruit/Seasonal 100% Fruit Juice Bar Milk, Fat Free</p> <p>GRAB-N-GO</p> <p>Chicken Wrap/Chopped Lettuce Light Ranch Dressing Chocolate Chip Cookie Fresh Fruit/Seasonal Milk, Fat Free <i>Chicken Noodle Soup</i> <i>Garden Salad</i></p>	<p>HOT LUNCH</p> <p>BREAKFAST FOR LUNCH! *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 *Homemade Muffin Treat Milk, Fat Free <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 Raisins Milk, Fat Free <i>Broccoli Cheese Soup</i> <i>Garden Salad</i></p>
18	19	20	21	22
<p>HOT LUNCH</p> <p>*Jumbo Corn Dog Fresh Cooked Carrots Applesauce Chocolate Chip Cookie Milk, Fat Free</p> <p>GRAB-N-GO</p> <p>Ham & Cheese on Bagel *Cheddar Goldfish, WG Applesauce *Teddy Grahams Milk, Fat Free <i>Chicken Tortilla Soup</i> <i>Caesar Salad</i></p>	<p>HOT LUNCH</p> <p><i>Sponge Bob Day</i> Crabby Patty Coral Fries Squid Salad Ocean Blue Breeze (Blue Jell-O) Patrick Milk</p> <p>GRAB-N-GO</p> <p>String Cheese Sticks & Crackers Veggies & Dip Fresh Fruit/Seasonal Yogurt Milk, Fat Free <i>Chicken Noodle Soup</i> <i>Garden Salad</i></p>	<p>HOT LUNCH</p> <p>*Lasagna with Meat Sauce *Fresh Breadsticks Tossed Salad Lite Ranch Dressing Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO</p> <p>Bologna & Cheese Sandwich *Potato Chips Fresh Fruit/Seasonal Oreo Cookies Milk, Fat Free <i>Chicken Noodle Soup</i> <i>Garden Salad</i></p>	<p>HOT LUNCH</p> <p>BREAKFAST FOR LUNCH! *French Toast Sticks Syrup Sausage *Triangle Hash Brown Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO</p> <p>Cheerios, WG with Milk Banana Low fat Yogurt *Homemade Muffin Treat Milk, Fat Free <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 <i>Broccoli Cheese Soup</i> <i>Garden Salad</i></p>
25	26	27	28	29
<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>Chicken Caesar Wrap Baby Carrots Light Ranch Dressing Fresh Fruit/Seasonal Chocolate Brownie Milk, Fat Free <i>Chicken Tortilla Soup</i> <i>Caesar Salad</i></p>	<p>HOT LUNCH</p> <p>*Bosco Stick Spaghetti Sauce Mixed Vegetables Fruit Cocktail 100% Fruit Juice Bar Milk, Fat Free</p> <p>GRAB-N-GO</p> <p>Salami & Cheese Sandwich Baked Potato Chips Fresh Fruit/Seasonal Mini Rice Krispies Treat Milk, Fat Free</p> <p><i>Chicken Noodle Soup</i> <i>Garden Salad</i></p>	<p>HOT LUNCH</p> <p>*Lasagna with Meat Sauce *Fresh Breadsticks Tossed Salad Lite Ranch Dressing Fresh Fruit/Seasonal Milk, Fat Free</p> <p>GRAB-N-GO</p> <p>BLT Sandwich Mini Twist Pretzels Fresh Fruit/Seasonal Chocolate Chip Cookie Milk, Fat Free</p> <p><i>Chicken Noodle Soup</i> <i>Garden Salad</i></p>	<p>HOT LUNCH</p> <p>BREAKFAST FOR LUNCH! *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 *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 Raisins Milk, Fat Free <i>Broccoli Cheese Soup</i> <i>Garden 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"

