



# TRINITY CATHOLIC HIGH SCHOOL

## "Healthy Habits" Plate Lunch Menu - December 2010



Items with star are baked

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		<b>Healthy Habits Lunch</b>	<b>Healthy Habits Lunch</b>	<b>Healthy Habits Lunch</b>
		★ Country Fried Steak Mashed Potatoes & Gravy Green Beans ★ Slice of Whole Grain Bread Sherbet Milk, 1% Fat Plate Lunch 4.60 Entrée on Bun 2.80	★ Pizza Calzone Garden Salad with Light Ranch Dressing Fresh Fruit/Seasonal Jell-O Milk, 1% Fat Plate Lunch 5.10 Entrée 2.30	★ Sweet & Sour Chicken Steamed Rice Chinese Slaw Fortune Cookie Vanilla Ice Cream Cup Milk, 1% Fat Plate Lunch 4.85 Entrée 3.30
		<b>Specialty Salad</b>	<b>Specialty Salad</b>	<b>Specialty Salad</b>
		4	5	6
<b>Healthy Habits Lunch</b>	<b>Healthy Habits Lunch</b>	NO SCHOOL	<b>Healthy Habits Lunch</b>	<b>Healthy Habits Lunch</b>
★ Pulled Pork on Wheat Bun Garden Salad with Light Ranch Dressing ★ Baked Chips Dill Pickle Spear Mini Rice Krispies Square Milk, 1% Fat Plate Lunch 4.55 Entrée on Bun with Chips 2.95	★ BBQ Burger Baked Beans Corn Fresh Fruit/Seasonal Milk, 1% Fat Plate Lunch 4.35 Entrée on Bun 2.55		★ Lasagna Roll-up with Sauce Italian Salad with Light Italian Dressing ★ Garlic Toast ★ Sugar Cookie Milk, 1% Fat Plate Lunch 4.85 Entrée 2 for 2.95	★ Philly Cheese Steak Curly Fries Grapes Milk, 1% Fat Plate Lunch 5.85 Entrée 3.55
<b>Specialty Salad</b>	<b>Specialty Salad</b>		<b>Specialty Salad</b>	<b>Specialty Salad</b>
<b>Daily Special</b>	<b>Daily Special</b>		<b>Daily Special</b>	<b>Daily Special</b>
7	8	9	10	11
<b>Healthy Habits Lunch</b>	<b>Healthy Habits Lunch</b>	<b>Healthy Habits Lunch</b>	<b>Healthy Habits Lunch</b>	SEMESTER EXAMS NO LUNCHES
★ Baked Mostaccioli ★ Garlic Toast Green Beans Italian Salad with Light Italian Dressing Fresh Fruit/Seasonal Milk, 1% Fat Plate Lunch 4.60 Entrée 2.35	★ Country Fried Steak Mashed Potatoes & Gravy Green Beans ★ Slice of Whole Grain Bread Sherbet Milk, 1% Fat Plate Lunch 4.60 Entrée on Bun 2.80	★ Baked Meatloaf Mashed Potatoes & Gravy Corn Sherbet ★ Slice of Whole Grain Bread Milk, 1% Fat Plate Lunch 4.60 Entrée Sandwich 2.55	★ Pizza Calzone Garden Salad with Light Ranch Dressing Fresh Fruit/Seasonal Jell-O Milk, 1% Fat Plate Lunch 5.10 Entrée 2.30	
<b>Specialty Salad</b>	<b>Specialty Salad</b>	<b>Specialty Salad</b>	<b>Specialty Salad</b>	
<b>Daily Special</b>	<b>Daily Special</b>	<b>Daily Special</b>	<b>Daily Special</b>	
12	13	14	15	16
SEMESTER EXAMS NO LUNCHES	SEMESTER EXAMS NO LUNCHES	NO SCHOOL	NO SCHOOL	NO SCHOOL
17	18	19	20	21
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
22	23	24	25	26
MERRY CHRISTMAS				
27	28	29	30	31
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
HAPPY NEW YEAR!				

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



**Food Service Consultants, Inc.**  
"Serving You With Pride"

