

Holy Name of Jesus School

October 2017 Lunch Menu

MENU SUBJECT TO CHANGE



What Makes a Meal?

Choose 3, 4 or 5 food items from these 5 Components:

- Meat or Meat Alternate
- Vegetable*
- Fruit**
- Grain/Bread
- Milk

*Lunch must include at least one fruit or vegetable



Vegetable Features*

Daily— Mixed Greens & Dressing

- Monday—Dark Green Sub-group
- Tuesday—"Other" Sub-group
- Wednesday—Starchy Sub-group
- Thursday—Legumes Sub-group
- Friday—Red/Orange Sub-group

Fruit Features**

- Monday—Fresh Fruit of the Day
- Tuesday—Fruit in Light Syrup
- Wednesday—100% Fruit Juice
- Thursday—Fresh Fruit of the Day
- Friday—Canned Fruit/Light Syrup



Daily Milk Choices

- Fat Free Flavored
- Fat Free and Low Fat Unflavored

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2 Sloppy Joe	3 Roast Turkey w/ Stuffing & Gravy	4 Cheese Pizza	5 Crispy Buffalo Chicken Sandwich	6 Fish Nuggets 
		10 Pork BBQ	11 Philly Cheesesteak	12 Bologna & Cheese Sandwich	13 Grilled Cheese
	16 Meatball & Mozzarella Hoagie	17 French Toast Sticks w/ Turkey Sausage	18 Corn Dog Nuggets	19 Walking Taco	20 Creamy Macaroni & Cheese w/ Dinner Roll
	23 Cold Cut Hoagie	24 Wild West Cheeseburger	25 Spaghetti & Meatballs Dinner Roll	26 Pepperoni & Cheese Stromboli	27 Fish Taco
	30 Chicken Nuggets	31 Ham & Cheese Melt	November 1 Corn Dog Nuggets	2 Turkey Club	3 Grilled Cheese



Chef Salad Box with Meat & Cheese, Tossed Mixed Greens, Chopped Vegetables, and Salad Dressing
Served with A Fresh Roll and Fruit Selection.