

Holy Name of Jesus School December 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
	4 Sloppy Joe On A Bun	5 French Toast Sticks Sausage Patty	6 Three Cheese Pasta Bake	7 Delicious Hot Dog	8 Grilled Cheese Sandwich
	11 Meatball Hoagie	12 Holiday Dinner Ham, Fruit Sauce, Mashed Potatoes, Gravy, Green Beans Holiday Treat	13 Fresh Cheesy Pizza	14 Turkey Club	15 Creamy Macaroni & Cheese Dinner Roll
	18 Chicken Nuggets Bread Slice	19 Chicken Pot Pie	20 Corn Dog Nuggets	21 Pizza Burger	22 Early Dismissal No Lunch
	 DECEMBER 				



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