

# Holy Name of Jesus School January 2018 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
8 Grilled Cheese & Tomato Soup	9 French Toast Sticks w/ Turkey Sausage	3 Corn Dog Nuggets	4 Spaghetti & Meat Sauce	5 Fresh Cheese Pizza
8 Grilled Cheese & Tomato Soup	9 French Toast Sticks w/ Turkey Sausage	10 Corn Dog Nuggets	11 Breaded Chicken Patty Sandwich	12 Fish Nuggets
	16 Chicken Nuggets Bread Slice	17 Sloppy Joe On A Bun	18 Pierogies w/ Onions & Dinner Roll	19 Fresh Cheese Pizza
22 Philly Steak n' Cheese Hoagie	23 Hot Turkey Sandwich w/ Gravy & Fries	24 Corn Dog Nuggets	25 Walking Tacos	26 Fresh Cheese Pizza
29 Fish Sticks & Fries	30 French Toast Sticks w/ Turkey Sausage	31 Chicken & Waffles	February 1 Walking Tacos	2 Grilled Cheese



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