

Holy Name of Jesus School November 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
		1 Corn Dog Nuggets	2 Fish Sticks and French Fries	3 Grilled Cheese Sandwich
6 Salisbury Steak Gravy Dinner Roll	7 Cold Cut Sandwiches	8 Chicken Parmesan Pasta	9 Pork BBQ Sandwich	
13 Pierogies with Onions, Dinner Roll	14 Turkey Dinner Mashed Potatoes, Stuffing, Corn, Gravy, Pumpkin Treat	15 Hamburger with Condiments	16 Walking Tacos	17 Baked Macaroni and Cheese
20 Chicken Nuggets Bread Slice	21 Chicken Cheesesteak Sub	22 Early Dismissal No Lunch		
	28 French Toast Sticks with Turkey Sausage,	29 Corn Dog Nuggets	30 Pulled Pork Sandwich	December 1 Grilled Cheese Sandwich



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