

# Holy Name of Jesus School AUGUST/SEPTEMBER 2018 Lunch Menu



MENU SUBJECT TO CHANGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8/27</b>	<b>8/28</b>	<b>8/29</b>	<b>8/30</b>	<b>8/31</b>	
Chicken Nuggets served w/Bread Slice	Breakfast for Lunch French Toast Sticks & Sausage	Hot Dog	Walking Taco	Pizza	
<b>9/3</b>	<b>9/4</b>	<b>9/5</b>	<b>9/6</b>	<b>9/7</b>	
<b>NO SCHOOL</b>	Breakfast for Lunch French Toast Sticks & Sausage	Corn Dog	Walking Taco	Pizza	
<b>9/10</b>	<b>9/11</b>	<b>9/12</b>	<b>9/13</b>	<b>9/14</b>	
Hot Dog	Breakfast for Lunch French Toast Sticks & Sausage	<b>NO SCHOOL</b>	Breaded Chicken Sticks w/Fries	Pizza	
<b>9/17</b>	<b>9/18</b>	<b>9/19</b>	<b>9/20</b>	<b>9/21</b>	
Turkey Club	Breakfast for Lunch French Toast Sticks & Sausage	Corn Dog Nuggets	Walking Taco	Pizza	
<b>9/24</b>	<b>9/25</b>	<b>9/26</b>	<b>9/27</b>	<b>9/28</b>	
Salisbury Steak w/ Mashed Potatoes, Gravy & Dinner Roll	<b>Breaded Chicken Patty Sandwich</b>	Corn Dog	Open Faced Pulled Turkey Sandwich w/ Gravy	Pizza	

**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

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