

Holy Name of Jesus School December 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
Dec. 3	Dec. 4	Dec. 5	Dec. 6	Dec. 7	
Sloppy Joe Sandwich	Fish Sticks w/Sliced Bread	Spaghetti & Meatballs w/Dinner Roll	(5) Chicken Rings w/ Sliced Bread	Cheese Pizza	
Dec. 10	Dec. 11	Dec. 12	 Dec. 13	Dec. 14	
Bacon Cheeseburger	Chicken Patty Sandwich	Pierogies & Onions w/ Sliced Bread	Oven Roasted Turkey Mashed Potatoes & Gravy Steamed Corn & Dinner Roll	Cheese Pizza	
Dec. 17	Dec. 18	Dec. 19	Dec. 20	Dec. 21	
Meatball Hoagie w/ Cheese	Corndogs	Chicken & Gravy over Waffles	Cheese Pizza	Early Dismissal No lunch	
Dec. 24	Dec. 25	Dec. 26	Dec. 27	Dec. 28	
					
Dec. 31					
					



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