

# Holy Name of Jesus School February 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  |
|---|---|---|--|---|
|   |   |   | 1<br>Chicken<br>Pot Pie<br>w/ Sliced Bread | 2<br>Freshly Baked<br>Cheese Pizza<br>Football Cookie Treat |
| 5<br>Cold Cut Hoagie<br>w/ Vegetable Soup | 6<br>French Toast Sticks<br>w/ Turkey Sausage | 7<br>Hamburger<br>with<br>Condiments                                      | 8<br>Walking<br>Taco                       | 9<br>Grilled<br>Cheese<br>Sandwich                          |
| 12<br>Chicken Nuggets<br>Bread Slice      | 13<br>Meatball<br>Hoagie                      | <b>Happy Valentine's Day</b><br>14<br>Mac & Cheese<br>Valentine Cake Pops | 15<br>Breaded<br>Fish Sandwich             | 16<br>Freshly<br>Baked<br>Cheese Pizza                      |
|   | 20<br>Turkey Club<br>Wrap                     | 21<br>Chicken Cheesesteak<br>Sub<br>w/ peppers, onions,<br>marinara sauce | 22<br>Hot Dog<br>Baked beans<br>Condiments | 23<br>Grilled<br>Cheese<br>Sandwich                         |
| 26<br>Chicken Nuggets<br>Bread Slice      | 27<br>Pizza<br>Burger                         | 28<br>Corn<br>Dog<br>Nuggets  | <i>Happy</i><br><b>VALENTINE'S</b><br>DAY  |   |



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