



Holy Name of Jesus School

APRIL 2019 Lunch Menu

MENU SUBJECT TO CHANGE



What Makes a Meal?	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Choose 3, 4 or 5 food items from these 5 Components:</p> <p>Meat or Meat Alternate</p> <p>Vegetable*</p> <p>Fruit**</p> <p>Grain/Bread</p> <p>Milk</p> <p>*Lunch must include at least one fruit or vegetable</p>	4/1 Corn Dog Nuggets	4/2 Breaded Chicken Sliders	4/3 Hot Dog	4/4 Rib-b-que Sandwich	4/5 Cheese Pizza
 <p>Vegetable Features*</p> <p>Daily— Mixed Greens & Dressing</p> <p>Monday—Dark Green Sub-group Tuesday—"Other" Sub-group Wednesday—Starchy Sub-group Thursday—Legumes Sub-group Friday—Red/Orange Sub-group</p>	4/8 Chicken Nuggets w/sliced Bread	4/9 Grilled Ham & Cheese Pretzel Melt	4/10 Oven Roast Turkey, Mashed Potatoes, Green Beans, Dinner Roll	4/11 Walking Taco	4/12 Cheese Pizza
<p>Fruit Features**</p> <p>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</p>	4/15 Chicken Nuggets w/sliced Bread	4/16 Breakfast for Lunch French Toast & Sausage	4/17 BBQ Baked Chicken w/Dinner Roll	4/18 NO SCHOOL	4/19 NO SCHOOL
	4/22 NO SCHOOL	4/23 Chicken & Cheese Quesadilla	4/24 Hamburger	4/25 Corn Dog Nuggets	4/26 Cheese Pizza
 <p>Daily Milk Choices</p> <p>Fat Free Flavored</p> <p>Fat Free and Low Fat Unflavored</p>	4/29 Chicken Nuggets w/sliced Bread	4/30 Breakfast for Lunch French Toast & Sausage			



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