

Holy Name of Jesus School January 2019 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
	Jan. 1 	Jan. 2 Chicken Nuggets	Jan. 3 Cheesesteak Hoagie	Jan. 4 Cheese Pizza
Jan. 7 Sloppy Joe Sandwich	Jan. 8 Fish Sticks w/ Sliced Bread	Jan. 9 Spaghetti & Meatballs w/ Dinner Roll	Jan. 10 Chicken Rings w/ Sliced Bread	Jan. 11 Cheese Pizza
Jan. 14 Grilled Cheese and Tomato Soup	Jan. 15 French Toast Sticks and Sausage	Jan. 16 Chicken Pot Pie w/ Dinner Roll	Jan. 17 Breaded Chicken Sliders	Jan. 18 Cheese Pizza
Jan. 21 	Jan. 22 Hamburger	Jan. 23 Chicken Nuggets	Jan. 24 Walking Tacos	Jan. 25 Cheese Pizza
Jan. 28 Meatball Hoagie	Jan. 29 Chicken Patty on Roll	Jan. 30 Cheese Pizza	Jan. 31 Hot Ham and Cheese on a Pretzel Bun	



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