

Holy Name of Jesus School JUNE 2018 Lunch Menu

MENU SUBJECT TO CHANGE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>What Makes a Meal?</p> <p>Choose 3, 4 or 5 food items from these 5 Components:</p> <ul style="list-style-type: none"> Meat or Meat Alternate Vegetable* Fruit** Grain/Bread Milk <p>*Lunch must include at least one fruit or vegetable</p>  <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> <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>  <p>Daily Milk Choices</p> <ul style="list-style-type: none"> Fat Free Flavored Fat Free and Low Fat Unflavored 					<p>6/1</p> <p>Cheese Pizza</p>
	<p>6/4</p> <p>Chicken Nuggets w/Dinner Roll</p>	<p>6/5</p> <p>Breakfast for Lunch French Toast & Sausage</p>	<p>6/6</p> <p>Last Day of School</p>	<p>6/7</p> <p>Have a Great Summer!</p>	<p>6/8</p>
	<p>6/11</p>	<p>6/12</p>	<p>6/13</p>	<p>6/14</p>	<p>6/15</p>
	<p>6/18</p>	<p>6/19</p>	<p>6/20</p>	<p>6/21</p>	<p>6/22</p>
	<p>6/25</p>	<p>6/26</p>	<p>6/27</p>	<p>6/28</p>	<p>6/29</p>



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