



Holy Name of Jesus School

June 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>	<p>6/3</p> <p>Chicken Nuggets w/Bread</p>	<p>6/4</p> <p>Breakfast for Lunch French Toast & Sausage</p>	<p>6/5</p> <p>Last Day NO LUNCH</p>	<p>6/6</p>	<p>6/7</p>
 <p>Vegetable Features*</p> <p>Daily— Mixed Greens & Dressing</p> <p>Monday—Dark Green Sub-group</p> <p>Tuesday—"Other" Sub-group</p> <p>Wednesday—Starchy Sub-group</p> <p>Thursday—Legumes Sub-group</p> <p>Friday—Red/Orange Sub-group</p>	<p>6/10</p>	<p>6/11</p>	<p>6/12</p>	<p>6/13</p>	<p>6/14</p>
<p>Fruit Features**</p> <p>Monday—Fresh Fruit of the Day</p> <p>Tuesday—Fruit in Light Syrup</p> <p>Wednesday—100% Fruit Juice</p> <p>Thursday—Fresh Fruit of the Day</p> <p>Friday—Canned Fruit/Light Syrup</p>	<p>6/17</p>	<p>6/18</p>	<p>6/19</p>	<p>6/20</p>	<p>6/21</p>
	<p>6/24</p>	<p>6/25</p>	<p>6/26</p>	<p>6/27</p>	<p>6/28</p>



Daily Milk Choices

Fat Free Flavored

Fat Free and Low Fat Unflavored



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