

Holy Name of Jesus School

March 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
5 Breaded Fish Sticks Bread Slice	6 Breakfast For Lunch	7 Corn Dog Nuggets	1 Green Eggs & Ham w/ 2 Pancakes	2 Grilled Cheese Sandwich
12 Pork Rib BBQ Sandwich	13 Breakfast For Lunch	14 Corn Dog Nuggets	8 Hot Ham & Cheese On a Bun	9 Freshly Baked Pizza
19 Chicken Nuggets Bread Slice	20 Breakfast For Lunch	21 Cold Cut Hoagie	15 Breaded Chicken Parmesan Sandwich	16 Grilled Cheese Sandwich
26 Philly Steak 'n Cheese	27 Pulled Pork Sandwich	28 Corn Dog Nuggets	22 Turkey, Mashed Potatoes, Green Beans, Dinner Roll Special Treat!	23 Fish Nuggets



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