



Holy Name of Jesus School

MARCH 2019 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> <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>3/1</p> <p>Cheese Pizza</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>3/4</p> <p>Corn Dog Nuggets</p>	<p>3/5</p> <p>2 Breaded Chicken Sliders</p>	<p>3/6</p> <p>Macaroni & Cheese served w/Dinner Roll</p>	<p>3/7</p> <p>Walking Taco</p>	<p>3/8</p> <p>Cheese Pizza</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>3/11</p> <p>Salisbury Steak, Mashed Potatoes & 2 Dinner Rolls</p>	<p>3/12</p> <p>Breakfast for Lunch French Toast & Sausage</p>	<p>3/13</p> <p>Chicken Nuggets with sliced Bread</p>	<p>3/14</p> <p>Breaded Chicken Patty with Mashed Potatoes and sliced Bread</p>	<p>3/15</p> <p>Cheese Pizza</p>
	<p>3/18</p> <p>Grilled Cheese and Tomato Soup</p>	<p>3/19</p> <p>Breakfast for Lunch French Toast & Sausage</p>	<p>3/20</p> <p>Popcorn Chicken, Mashed Potatoes w/Gravy and Corn</p>	<p>3/21</p> <p>Walking Taco</p>	<p>3/22</p> <p>Cheese Pizza</p>
 <p>Daily Milk Choices</p> <p>Fat Free Flavored</p> <p>Fat Free and Low Fat Unflavored</p>	<p>3/25</p> <p>Corn Dog Nuggets</p>	<p>3/26</p> <p>Chicken & Gravy over Belgian Waffle</p>	<p>3/27</p> <p>Hamburger Macaroni served with sliced Bread</p>	<p>3/28</p> <p>Hot Dog</p>	<p>3/29</p> <p>Cheese Pizza</p>



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