

Holy Name of Jesus School May 2018 Lunch Menu



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
		5/1 Breaded Fish Sticks served w/Sliced Bread	5/2 Chicken & Gravy over Biscuit	5/3 Walking Taco	5/4 Cheese Pizza
	5/7 Bacon Cheeseburger	5/8 Breakfast for Lunch French Toast & Sausage	5/9 Pasta & Meat Sauce served w/Dinner Roll	5/10 Breaded Chicken & Cheese Sandwich	5/11 Cheese Pizza
	5/14 Pork Rib BBQ Sandwich	5/15 Chicken Nuggets Served w/Sliced Bread	5/16 Corn Dog Nuggets	5/17 Picnic Lunch Hamburgers Hot Dogs Baked Beans	5/18 Cheese Pizza
	5/21 Chicken Nuggets served w/Dinner Roll	5/22 Corn Dog Nuggets	5/23 Cheeseburger Macaroni & Cheese	5/24 Walking Taco	5/25 Cheese Pizza
	5/28 NO SCHOOL	5/29 Breakfast for Lunch French Toast & Sausage	5/30 Corn Dog Nuggets	5/31 Walking Taco	



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