

Holy Name of Jesus School NOVEMBER 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
				11/1 Walking Taco	11/2 Grilled Cheese & Tomato Soup
	11/5 Chicken Nuggets w/Sliced Bread	11/6 Breakfast for Lunch French Toast and Sausage	11/7 Hot Dog	11/8 Chicken Rings w/Sliced Bread	11/9 Cheese Pizza
	11/12 NO SCHOOL	11/13 Cheeseburger & Fries	11/14 Corn Dog Nuggets	11/15 Turkey with Mashed Potatoes & Gravy Green Beans	11/16 Cheese Pizza
	11/19 Chicken Nuggets w/Sliced Bread	11/20 Corn Dog Nuggets	11/21 1/2 Day—No Lunch	11/22 NO SCHOOL	11/23 NO SCHOOL
	11/26 NO SCHOOL	11/27 Breakfast for Lunch French Toast and Sausage	11/28 Macaroni & Cheese w/Dinner Roll	11/29 Breaded Chicken Sliders	11/30 Cheese Pizza



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