

Holy Name of Jesus School OCTOBER 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
10/1	Shredded Turkey Pot Roast Sandwich w/Gravy	Breakfast for Lunch French Toast & Sausage	Popcorn Chicken w/Dinner Roll	Walking Tacos	Cheese Pizza
10/8	NO SCHOOL	Breakfast for Lunch French Toast & Sausage	Homemade Beef Stroganoff w/Sliced Bread	Breaded Chicken Strips w/Dinner Roll	Cheese Pizza
10/15	Ground Beef with Mashed Potatoes	Pretzel Dog (Hot dog wrapped in soft pretzel)	Chicken & Waffles	Grilled Cheese & Tomato Soup	Cheese Pizza
10/22	Chicken Nuggets w/Sliced Bread	Breakfast for Lunch French Toast & Sausage	Corn Dog Nuggets	Chicken Rings w/Sliced Bread	Cheese Pizza
10/29	Cheddar Cheese Omelet w/Hash Browns and Croissant	Corn Dog on a Stick	Chicken Cheesesteak		



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