

# Holy Name of Jesus School February 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
<b>February</b>			1 Chicken Pot Pie w/ Sliced Bread	2 Freshly Baked Cheese Pizza Football Cookie Treat
5 Cold Cut Hoagie w/ Vegetable Soup	6 French Toast Sticks w/ Turkey Sausage	7 Hamburger with Condiments	8 Walking Taco	9 Grilled Cheese Sandwich
12 Chicken Nuggets Bread Slice	13 Meatball Hoagie	Happy Valentine's Day 14 Mac & Cheese Valentine Cake Pops	15 Breaded Fish Sandwich	16 Freshly Baked Cheese Pizza
19 Chicken Nuggets Bread Slice	20 Turkey Club Wrap	21 Chicken Cheesesteak Sub w/ peppers, onions, marinara sauce	22 Hot Dog Baked beans Condiments	23 Grilled Cheese Sandwich
26 Chicken Nuggets Bread Slice	27 Pizza Burger	28 Corn Dog Nuggets	<i>Happy</i> <b>VALENTINE'S</b> DAY	



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