



Holy Name of Jesus SEPTEMBER 2019 Lunch Menu



<p>What Makes a Meal?</p> <p>Choose 3, 4 or 5 food items from these 5 components:</p> <p>Meat or Meat Alternate Vegetable Fruit Grain/Bread Milk</p> <p>Lunch must include at least one fruit or vegetable</p> 	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Vegetable Features</p> <p>A daily variety of vegetables will be offered to students to include the 5 vegetable subgroups:</p> <ul style="list-style-type: none"> * Dark Green * Red/Orange * Legumes * Starchy * Other 	<p>9/2</p> <p>No School Labor Day</p>	<p>9/3</p> <p>Breaded Chicken Sliders Side Caesar Salad Mixed Fruit</p>	<p>9/4</p> <p>Steak 'n Cheese Sandwich Steamed Corn Apple Crisp</p>	<p>9/5</p> <p>Hot Ham & Cheese Pretzel Steamed Cauliflower Diced Peaches</p>	<p>9/6</p> <p>Cheese Pizza Roasted Sweet Potatoes Mandarin Oranges</p>
<p>Fruit Features</p> <p>A daily variety of fruits will be offered to students:</p> <ul style="list-style-type: none"> * Fresh Fruits * Canned Fruits in light syrup * 100% Fruit Juice (offered twice/week) 	<p>9/9</p> <p>Chicken Nuggets & Dinner Roll BBQ Baked Beans Cinnamon Applesauce</p>	<p>9/10</p> <p>Breakfast for Lunch French Toast & Sausage Tater Tots Pineapple Tidbits</p>	<p>9/11</p> <p>Macaroni & Cheese w/ Dinner Roll Stewed Tomatoes Fresh Orange</p>	<p>9/12</p> <p>Chicken & Waffles Parsley Potatoes Diced Pears</p>	<p>9/13</p> <p>Cheese Pizza Steamed Broccoli Banana</p>
<p>Daily Milk Choices:</p> <p>Fat Free Flavored Fat Free White Milk 1% White Milk</p>	<p>9/16</p> <p>BBQ Pulled Pork Sandwich Sweet Potato Wedges Diced Pears</p>	<p>9/17</p> <p>Cheeseburger Smiley Fries Mixed Fruit</p>	<p>9/18</p> <p>No School</p>	<p>9/19</p> <p>Hot Dog Steamed Broccoli Diced Peaches</p>	<p>9/20</p> <p>Cheese Pizza Roasted Garbanzo Beans Mandarin Oranges</p>
	<p>9/23</p> <p>Grilled Cheese Sandwich Tomato Soup Steamed Broccoli Cinnamon Applesauce</p>	<p>9/24</p> <p>Breakfast for Lunch French Toast & Sausage Tater Tots Pineapple Tidbits</p>	<p>9/25</p> <p>Salisbury Steak and Dinner Roll Mashed Potatoes Fresh Orange</p>	<p>9/26</p> <p>Walking Taco Steamed Green Beans Diced Pears</p>	<p>9/27</p> <p>Cheese Pizza Oven Roasted Carrots Banana</p>
	<p>9/30</p> <p>Chicken Nuggets & Dinner Roll Side Salad Fruited Jello</p>				