

Holy Name of Jesus December 2023 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

A daily variety of vegetables will be offered to students to include the 5 vegetable subgroups:

- * Dark Green
- * Red/Orange
- * Legumes
- * Starchy
- * Other

Fruit Features


A daily variety of fruits will be offered to students:

- * Fresh Fruits
- * Canned Fruits in light syrup
- * 100% Fruit Juice (offered twice/week)



Daily Milk Choices:

- Fat Free Flavored
- Fat Free White Milk
- 1 % White Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				12/1 Cheese Pizza Steamed Broccoli Fresh Vegetable Mixed Fruit
12/4 Chicken Nuggets Bread Slice Steamed Carrots Fresh Vegetable Pineapple Tidbits	12/5 French Toast Sticks Sausage Patties Tater Tot Fresh Vegetable 100% Fruit Juice	12/6 Corn Dog Nuggets Baked Beans Fresh Vegetable Apple Slices	12/7 Popcorn Chicken Bread Slice Steamed Corn Fresh Vegetable Mixed Fruit	12/8 Breaded Fish Sandwich Steamed Green Beans Fresh Vegetable Diced Pears
12/11 Grilled Cheese Sandwich Steamed Mixed Veggies Fresh Vegetable Diced Peaches	12/12 Chicken Soft Tacos Steamed Peas Fresh Vegetable Applesauce	12/13 Meatball Hoagie Steamed Corn Fresh Vegetable 100% Fruit Juice	12/14 Oven Roast Turkey Dinner Roll Mashed Potatoes & Gravy Fresh Vegetable Diced Pears	12/15 Cheese Pizza Steamed Carrots Fresh Vegetable Mixed Fruit
12/18 Cheeseburger Steamed Broccoli Fresh Vegetable Diced Peaches	12/19 Breaded Chicken Sandwich Tater Tot Fresh Vegetable Applesauce	12/20 Sloppy Joe Sandwich Steamed Carrots Fresh Vegetable 100% Fruit Juice	12/21 Walking Taco Bread Slice Vegetarian Beans Fresh Vegetable Banana	12/22 Early Dismissal No Lunch
12/25 	12/26 No School	12/27 No School	12/28 No School	12/29 No School