



# Holy Name of Jesus January 2020 Lunch Menu



What Makes a Meal?	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Choose 3, 4 or 5 food items from these 5 components:</p> <ul style="list-style-type: none"> <li>Meat or Meat Alternate</li> <li>Vegetable</li> <li>Fruit</li> <li>Grain/Bread</li> <li>Milk</li> </ul> <p>Lunch must include at least one fruit or vegetable</p>			<p>1/1</p> <p>No School</p>	<p>1/2</p> <p>Walking Taco Steamed Corn Chilled Pears</p>	<p>1/3</p> <p>Grilled Cheese Sandwich Steamed Cauliflower Chilled Pears</p>
	<p>1/6</p> <p>Turkey &amp; Cheese Hoagie Caesar Salad Mandarin Oranges</p>	<p>1/7</p> <p>Cheeseburger Roasted Chickpeas Apple Slices</p>	<p>1/8</p> <p>Corn Dog Nuggets Steamed Carrots Banana</p>	<p>1/9</p> <p>Pierogies w/Dinner Roll Steamed Green Beans Chilled Pineapples</p>	<p>1/10</p> <p>Cheese Pizza Crinkle Cut Fries Chilled Peaches</p>
<p><b>Vegetable Features</b></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"> <li>* <b>Dark Green</b></li> <li>* <b>Red/Orange</b></li> <li>* <b>Legumes</b></li> <li>* <b>Starchy</b></li> <li>* <b>Other</b></li> </ul>	<p>1/13</p> <p>Chicken Nuggets Steamed Broccoli Applesauce Cup</p>	<p>1/14</p> <p>Breaded Fish Sandwich Sweet Potato Fries Chilled Mixed Fruit</p>	<p>1/15</p> <p>Hamburger Macaroni Garlic Bread Brussel Sprouts Fruited Gelatin</p>	<p>1/16</p> <p>Breaded Chicken Sandwich Steamed Corn Chilled Pears</p>	<p>1/17</p> <p>Grilled Cheese Sandwich BBQ Baked Beans Mandarin Oranges</p>
<p><b>Fruit Features</b></p> <p>A daily variety of fruits will be offered to students:</p> <ul style="list-style-type: none"> <li>* Fresh Fruits</li> <li>* Canned Fruits in light syrup</li> <li>* 100% Fruit Juice (offered twice/week)</li> </ul>	<p>1/20</p> <p>No School</p>	<p>1/21</p> <p>Breaded Chicken Sliders Coleslaw Chilled Peaches</p>	<p>1/22</p> <p>Pizza Caesar Salad Banana</p>	<p>1/23</p> <p>Hot Dog Sweet Potato Fries Chilled Pineapples</p>	<p>1/24</p> <p>Cheese Pizza Tater Tots Chilled Pears</p>
	<p>1/27</p> <p>Macaroni &amp; Cheese Dinner Roll Steamed Mixed Veggies Applesauce Cup</p>	<p>1/28</p> <p>Steak 'n Cheese Hoagie Shoestring Fries Mandarin Oranges</p>	<p>1/29</p> <p>Pulled Pork Sandwich Romaine Salad Chilled Mixed Fruit</p>	<p>1/30</p> <p>Chicken Strips Dinner Roll Roasted Chickpeas Banana</p>	<p>1/31</p> <p>Fish Sticks w/Bread Slice Steamed Carrots Chilled Peaches</p>
<p><b>Daily Milk Choices:</b></p> <ul style="list-style-type: none"> <li>Fat Free Flavored</li> <li>Fat Free White Milk</li> <li>1 % White Milk</li> </ul>					