





May Holy Name of Jesus 2023 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"> Meat or Meat Alternate Vegetable Fruit Grain/Bread Milk <p>Lunch must include at least one fruit or vegetable</p>	<p>5/1</p> <p>Beef & Cheese Loaded Fries Bread Slice Fresh Vegetable Diced Peaches</p>	<p>5/2</p> <p>Breaded Chicken Sandwich Steamed Carrots Fresh Vegetable Applesauce</p>	<p>5/3</p> <p>Chicken Nuggets Bread Slice Steamed Green Beans Fresh Vegetable 100% Fruit Juice</p>	<p>5/4</p> <p>Grilled Cheese Sandwich Tomato Soup Steamed Cauliflower Fresh Vegetable Banana</p>	<p>5/5</p> <p>Pierogies Bread Slice Steamed Corn Fresh Vegetable Mixed Fruit</p>
 <p>Vegetable Features 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>Fruit Features 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>5/8</p> <p>Pancakes & Sausage Tater Tots Fresh Vegetable Pineapple Tidbits</p>	<p>5/9</p> <p>Calzone Steamed Corn Fresh Vegetable 100% Fruit Juice</p>	<p>5/10</p> <p>Salisbury Steak Bread Slice Mashed Potatoes & Gravy Fresh Vegetable Apple Slices</p>	<p>5/11</p> <p>Hot Dog Steamed Broccoli Fresh Vegetable Mixed Fruit</p>	<p>5/12</p> <p>Fish Sticks Bread Slice Steamed Mixed Veggies Fresh Vegetable Diced Pears</p>
	<p>5/15</p> <p>Chicken Nuggets Bread Slice Fresh Vegetable Diced Peaches</p>	<p>5/16</p> <p>Corn Dog Nuggets Steamed Carrots Fresh Vegetable Apple Slices</p>	<p>5/17</p> <p>Field Day Cookout Hot Dog or Cheeseburger Baked Beans Coleslaw Apple Slices</p>	<p>5/18</p> <p>Chicken & Waffles Steamed Green Beans Fresh Vegetable Banana</p>	<p>5/19</p> <p>Cheese Pizza Steamed Carrots Fresh Vegetable Mixed Fruit</p>
	<p>5/22</p> <p>Breakfast Sandwich Tater Tots Fresh Vegetable Pineapple Tidbits</p>	<p>5/23</p> <p>Hot Turkey & Cheese Sandwich Steamed Broccoli Fresh Vegetable 100% Fruit Juice</p>	<p>5/24</p> <p>Meatball Hoagie Sweet Potato Fries Fresh Vegetable Apple Slices</p>	<p>5/25</p> <p>Walking Taco Bread Slice Steamed Corn Fresh Vegetable Mixed Fruit</p>	<p>5/26</p> <p>Pierogies Bread Slice Steamed Green Beans Fresh Vegetable Diced Pears</p>
 <p>Daily Milk Choices: Fat Free Flavored Fat Free White Milk 1 % White Milk</p>	<p>5/29</p> <p>No School</p>	<p>5/30</p> <p>Steak & Cheese Hoagie Fries Fresh Vegetable Applesauce</p>	<p>Breaded 5/31 <i>Chicken Sandwich</i> Chicken Nuggets Bread Slice Steamed Cauliflower Fresh Vegetable 100% Fruit Juice</p>		

June Holy Name of Jesus 2023 Lunch Menu



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<p>Choose 3, 4 or 5 food items from these 5 components:</p> <ul style="list-style-type: none"> Meat or Meat Alternate Vegetable Fruit Grain/Bread Milk <p>Lunch must include at least one fruit or vegetable</p>				<p>6/1</p> <p>Fish Sticks Bread Slice Steamed Broccoli Fresh Vegetable Banana</p>	<p>6/2</p> <p>Grilled Cheese Sandwich Tomato Soup Steamed Carrots Fresh Vegetable Mixed Fruit</p>
 <p>Vegetable Features 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>Fruit Features 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>6/5</p> <p>Corn Dog Nuggets Steamed Green Beans Fresh Vegetable Pineapple Tidbits</p>	<p>6/6</p> <p>Walking Taco Bread Slice Steamed Corn Fresh Vegetable 100% Fruit Juice</p>	<p>6/7</p> <p>Last Day of School Early Dismissal No Lunch</p>		



Daily Milk Choices:

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