



# Holy Name of Jesus

## DECEMBER 2019 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>12/2</p> <p>NO SCHOOL</p>	<p>12/3</p> <p>Breakfast for Lunch French Toast Sticks Sausage Tater Tots 100% Fruit Juice</p>	<p>12/4</p> <p>Corn Dog Nuggets Side Caesar Salad Banana</p>	<p>12/5</p> <p>Walking Taco Steamed Corn Chilled Pears</p>	<p>12/6</p> <p>Macaroni &amp; Cheese w/Dinner Roll Steamed Carrots Mandarin Oranges</p>
	<p>12/9</p> <p>Chicken Nuggets w/Dinner Roll Steamed Green Beans Chilled Mixed Fruit</p>	<p>12/10</p> <p>Grilled Cheese &amp; Tomato Soup BBQ Baked Beans Orange Wedges</p>	<p>12/11</p> <p>Fish Sticks w/Bread Slice Scalloped Potatoes Apple Slices</p>	<p>12/12</p> <p>Roasted Turkey Mashed Potatoes &amp; Gravy Steamed Corn Chilled Mixed Fruit Dinner Roll</p>	<p>12/13</p> <p>Cheese Pizza Steamed Broccoli Chilled Pineapple Tidbits</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>12/16</p> <p>Corn Dog Nuggets Steamed Carrots Chilled Peaches</p>	<p>12/17</p> <p>Pork Rib-b-que Sandwich Creamy Coleslaw Apple Crisp</p>	<p>12/18</p> <p>Pizza Pasta Bake Side Romaine Salad Banana</p>	<p>12/19</p> <p>Breaded Chicken Patty Sandwich Roasted Garbanzo Beans Mandarin Oranges</p>	<p>12/20</p> <p>Early Dismissal NO LUNCH</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>12/23</p> <p>NO SCHOOL</p>	<p>12/24</p> <p>NO SCHOOL</p>	<p>12/25</p> <p>NO SCHOOL</p>	<p>12/26</p> <p>NO SCHOOL</p>	<p>12/27</p> <p>NO SCHOOL</p>
	<p>12/30</p> <p>NO SCHOOL</p>	<p>12/31</p> <p>NO SCHOOL</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>					