


# Holy Name of Jesus

## April 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> <p>Meat or Meat Alternate Vegetable Fruit Grain/Bread Milk</p> <p>Lunch must include at least one fruit or vegetable</p>	<p>4/3</p> <p>Chicken Nuggets Bread Slice Emoji Fries Fresh Vegetable Diced Peaches</p>	<p>4/4</p> <p>Cheese Pizza Steamed Cauliflower Fresh Vegetable Applesauce</p>	<p>4/5</p> <p>Corn Dog Nuggets Baked Vegetarian Beans Fresh Vegetable 100% Fruit Juice</p>	<p>4/6</p> <p>No School</p>	<p>4/7</p> <p>No School</p>
	<p>4/10</p> <p>No School</p>	<p>4/11</p> <p>No School</p>	<p>4/12</p> <p>Meatball Hoagie Sweet Potato Fries Fresh Vegetable Apple Slices</p>	<p>4/13</p> <p>Walking Taco Bread Slice Steamed Green Beans Fresh Vegetable Mixed Fruit</p>	<p>4/14</p> <p>Pierogies Bread Slice Steamed Carrots Fresh Vegetable Diced Pears</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>4/17</p> <p>Sloppy Joe Steamed Mixed Veggies Fresh Vegetable Diced Peaches</p>	<p>4/18</p> <p>Breaded Chicken Sandwich Emoji Fries Fresh Vegetable Applesauce</p>	<p>4/19</p> <p>Chicken Nuggets Bread Slice Steamed Cauliflower Fresh Vegetable 100% Fruit Juice</p>	<p>4/20</p> <p>Cheese Pizza Steamed Broccoli Fresh Vegetable Banana</p>	<p>4/21</p> <p>Fish Sticks Bread Slice Tater Tots Fresh Vegetable Mixed Fruit</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>* <b>Fresh Fruits</b></li> <li>* <b>Canned Fruits in light syrup</b></li> <li>* <b>100% Fruit Juice (offered twice/week)</b></li> </ul>	<p>4/24</p> <p>Grilled Cheese Sandwich Tomato Soup Steamed Mixed Veggies Fresh Vegetable Pineapple Tidbits</p>	<p>4/25</p> <p>Cheeseburger Fries Fresh Vegetable 100% Fruit Juice</p>	<p>4/26</p> <p>Corn Dog Nuggets Steamed Broccoli Fresh Vegetable Apple Slices</p>	<p>4/27</p> <p>Waffles &amp; Sausage Tater Tots Fresh Vegetable Mixed Fruit</p>	<p>4/28</p> <p>Cheese Lasagna Bread Slice Steamed Green Beans Fresh Vegetable Diced Pears</p>



### Daily Milk Choices:

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