

Holy Name of Jesus NOVEMBER 2019 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
					11/1 Cheese Pizza Baked Beans Chilled Pineapple Tidbits
	11/4 Pasta & Meat Sauce Sliced Bread Side Romaine Salad Chilled Peaches	11/5 Breakfast for Lunch French Toast Sticks Sausage Tater Tots Banana	11/6 Chicken Nuggets Dinner Roll Steamed Carrots Orange Wedges	11/7 Corn Dog Nuggets Steamed Green Beans Apple Slices	11/8 Grilled Cheese Sandwich Bean Salad Chilled Mixed Fruit
	11/11 NO SCHOOL	11/12 Breakfast for Lunch French Toast Sausage Tater Tots Banana	11/13 Sloppy Joe Sandwich Sweet Potato Fries Orange Wedges	11/14 Roast Turkey Dinner Mashed Potatoes & Gravy Green Beans Dinner Roll Sliced Apples	11/15 Fish Sticks Sliced Bread Side Caesar Salad Chilled Peaches
	11/18 Chicken Nuggets Dinner Roll Steamed Carrots Chilled Pineapple Tidbits	11/19 Turkey & Cheese Pretzel Melt Steamed Cauliflower Cinnamon Applesauce	11/20 Macaroni & Cheese Dinner Roll Shoestring Fries Banana	11/21 Breaded Chicken Sliders Steamed Broccoli Chilled Pears	11/22 Cheese Pizza Roasted Garbanzo Beans Mandarin Oranges
	11/25 Cheeseburger Steamed Corn Chilled Mixed Fruit	11/26 Corn Dog Nuggets Steamed Broccoli Banana	11/27 HALF DAY	11/28 NO SCHOOL	11/29 NO SCHOOL