

Holy Name of Jesus November 2023 Lunch Menu



<p>What Makes a Meal?</p> <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>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>Daily Milk Choices:</p> <ul style="list-style-type: none"> Fat Free Flavored Fat Free White Milk 1 % White Milk 	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>11/1</p> <p>Corndog Nuggets Fries Fresh Vegetable 100% Fruit Juice</p>	<p>11/2</p> <p>Walking Taco Bread Slice Steamed Corn Fresh Vegetable Banana</p>	<p>11/3</p> <p>Cheese Pizza Steamed Mixed Veggies Fresh Vegetable Mixed Fruit</p>
	<p>11/6</p> <p>Salisbury Steak 2 Bread Slices Fries w/Gravy Fresh Vegetable Pineapple Tidbits</p>	<p>11/7</p> <p>Cheeseburger Steamed Carrots Fresh Vegetable 100% Fruit Juice</p>	<p>11/8</p> <p>Grilled Cheese Sandwich Steamed Corn Fresh Vegetable Apple Slices</p>	<p>11/9</p> <p>Oven Roasted Turkey Dinner Roll Mashed Potatoes & Gravy Fresh Vegetable Mixed Fruit</p>	<p>11/10</p> <p>No School</p>
	<p>11/13</p> <p>Chicken Nuggets Bread Slice Steamed Broccoli Fresh Vegetable Pineapple Tidbits</p>	<p>11/14</p> <p>French Toast Sticks Sausage Patties Tater Tots Fresh Vegetable Applesauce</p>	<p>11/15</p> <p>Sloppy Joe Sandwich Steamed Carrots Fresh Vegetable 100% Fruit Juice</p>	<p>11/16</p> <p>Hot Dog Baked Beans Fresh Vegetable Banana</p>	<p>11/17</p> <p>Early Dismissal No Lunch</p>
	<p>11/20</p> <p>Spaghetti & Meatballs Bread Slice Steamed Carrots Fresh Vegetable Pineapple Tidbits</p>	<p>11/21</p> <p>Breaded Chicken Sandwich Steamed Green Beans Fresh Vegetable 100% Fruit Juice</p>	<p>11/22</p> <p>Early Dismissal No Lunch</p>	<p>11/23</p> <p>No School</p>	<p>11/24</p> <p>No School</p>
	<p>11/27</p> <p>No School</p>	<p>11/28</p> <p>French Toast Sticks Sausage Patties Tater Tots Fresh Vegetable Applesauce</p>	<p>11/29</p> <p>Corn Dog Nuggets Steamed Corn Fresh Vegetable 100% Fruit Juice</p>	<p>11/30</p> <p>Popcorn Chicken Bread Slice Steamed Carrots Fresh Vegetable Banana</p>	