

# Holy Name of Jesus

## January 2021 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
1/4  NO SCHOOL	1/5  NO SCHOOL	1/6  NO SCHOOL	1/7  NO SCHOOL	1/8  NO SCHOOL
1/11  Cheeseburger Crinkle Cut Fries Assorted Veggie Assorted Fruit	1/12  French Toast Sticks Sausage Patties Tater Tots Assorted Veggie Applesauce	1/13  Rib-b-Que Sandwich Steamed Mixed Veggies Cucumber Slices Assorted Fruit	1/14  Sausage Pizza Steamed Broccoli Celery Sticks Banana	1/15  Grilled Cheese Tomato Soup Bean Salad Baby Carrots Mixed Fruit
1/18  NO SCHOOL	1/19  Corn Dog Nuggets Shoestring Fries Veggie Juice Apple Slices	1/20  Walking Taco Steamed Cauliflower Side Caesar Salad Banana	1/21  Chicken Tenders Dinner Roll Fries Cucumber Slices 100% Fruit Juice	1/22  Cheese Pizza Steamed Green Beans Baby Carrots Applesauce
1/25  Breaded Chicken Sliders Celery Sticks Baby Carrots 100% Fruit Juice	1/26  French Toast Sticks Sausage Patties Tater Tots Veggie Juice Apple Slices	1/27  Hot Dog Baked Beans Celery Sticks Mandarin Oranges	1/28  Breaded Chicken Sandwich Steamed Broccoli Bean Salad Pineapple Tidbits	1/29  Fish Sticks Dinner Roll Fries Cucumber Slices Banana