

# Holy Name of Jesus

## May & June 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
5/3  Hamburger Steamed Carrots Cauliflower 100% Fruit Juice	5/4  French Toast Sticks Chicken Sausage Tater Tots Veggie Juice Apple Slices	5/5  Walking Taco Steamed Corn Lettuce & Tomato Mandarin Oranges	5/6  Hot Dog Baked Beans Celery Sticks Banana	5/7  Cheese Lasagna Roll Up Steamed Broccoli Creamy Cucumber Salad Pineapple Tidbits
5/10  Chicken Nuggets Dinner Roll Fries Baby Carrots 100% Fruit Juice	5/11  Roast Turkey Dinner Dinner Roll Mashed Potatoes & Gravy Side Caesar Salad Chilled Peaches	5/12  <b>FIELD DAY COOKOUT</b> Hot Dog or Hamburger Baked Beans Coleslaw Apple Slices	5/13  Turkey & Cheese Hoagie Sweet Potato Fries Broccoli Florets Orange	5/14  Fish Sticks Dinner Roll Steamed Corn Celery Sticks Applesauce
5/17  Pasta & Meat Sauce Garlic Toast Steamed Cauliflower 2 Bean Salad Diced Peaches	5/18  Breaded Chicken Sandwich Steamed Broccoli Baby Carrots Applesauce	5/19  Salisbury Steak Bread Slice Mashed Potatoes & Gravy Ranch Peas Orange	5/20  Corn Dog Nuggets Steamed Peas Celery Sticks Apple Slices	5/21  Macaroni & Cheese Dinner Roll Steamed Carrots Side Salad 100% Fruit Juice
5/24  Chicken Tenders Dinner Roll Steamed Corn Baby Carrots Mandarin Oranges	5/25  Meatball Hoagie Steamed Green Beans Side Caesar Salad 100% Fruit Juice	5/26  Chicken Alfredo w/Noodles Steamed Broccoli Celery Sticks Apple Slices	5/27  Cheeseburger Fries Veggie Juice Mixed Fruit	5/28  Cheese Pizza Steamed Cauliflower Cucumber & Tomato Salad Pineapple Tidbits
5/31  No School	6/1  Pasta & Meatballs Garlic Toast Steamed Corn Celery Sticks 100% Fruit Juice	6/2  Last Day of School Early Dismissal No Lunch	6/3  <b>ENJOY YOUR SUMMER!!!</b>	6/4