

# Holy Name of Jesus Lunch

## October 2020



### What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate  
Choice of Vegetable, Choice of Fruit\*  
Choice of Grain/Bread,  
and Choice of Milk

*\*Students must choose at least one fruit or vegetable*



### Fresh Fruits and Vegetables Offered Daily

#### \*Vegetables include:

Broccoli Florets  
Baby Carrots  
Dark Leafy Greens  
Legume Salads  
Celery & Cucumber

\*May choose two 1/2 cup servings

#### \*Fruits include:

Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Pears  
Applesauce

\*May choose 1/2 cup serving

**MENUS SUBJECT TO CHANGE**



### Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,  
Fat Free White and Low Fat White

#### Lunch Prices:

Paid \$x.xx

Reduced \$.xx

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			10/1  Cheeseburger Tater Tots Garbanzo Beans Mixed Fruit	10/2  Cheese Pizza Baby Carrots Side Salad Fruit Cup
10/5  French Toast Sticks w/ Chicken sausage Tater tots Broccoli Florets Apple Slices	10/6  Walking Taco Lettuce & Tomato cup Corn Pineapple Tidbits	10/7  Chicken Patty Sandwich French Fries Celery sticks Mandarin Oranges	10/8  Corn dog Nuggets Green Beans Broccoli Florets Diced Pears	10/9  Fish Sticks w/bread Baby carrots Side salad Fruit cup
10/12  NO SCHOOL	10/13  Macaroni & Cheese w/dinner roll Mixed Vegetables Baby carrots & celery sticks Applesauce	10/14  Chicken Nachos Green beans Romaine Side Salad Sliced Peaches	10/15  Chicken Tenders w/dinner roll Steamed Broccoli Cucumber Slices	10/16  Cheese Pizza Baby Carrots Side Salad Fruit Cup
10/19  Meatball Hoagie Smiley Fries Fresh Cauliflower Florets Diced Pears	10/20  Hot dog on a bun Steamed Broccoli Black Bean and Corn Salad Pineapple Tidbits	10/21  Cheeseburger French Fries Broccoli Florets Sliced Apples	10/22  Popcorn Chicken W/ Dinner Roll Roasted Carrots Celery Sticks Mandarin Oranges	10/23  Grilled Cheese Baby Carrots Side Salad Fruit Cup
10/26  Hot Turkey Sandwich w/gravy Mashed Potatoes Sliced Green Peppers Tropical Fruit Salad	10/27  Cheeseburger Steamed Broccoli Cucumber Slices Applesauce	10/28  Chicken Patty Sandwich French Fries Celery sticks Mixed Fruit	10/29  Turkey & Cheese Wrap Steamed Cauliflower Broccoli Salad Diced Peaches	10/30  Cheese Pizza Baby Carrots Side Salad Fruit Cup