

Holy Name of Jesus Lunch

November 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
11/2 Chicken Patty on Bun Steamed Cauliflower Broccoli Florets Mandarin Oranges	11/3 French toast sticks Chicken Sausage Celery sticks Baby carrots Fruit Cup	11/4 Meatball Hoagie Steamed Broccoli Cauliflower Florets Mixed Fruit	11/5 Chicken Tenders w/dinner roll French Fries Cucumber Slices Diced Pears	11/6 Fish Sandwich Broccoli Chickpea & tomato salad Peaches
11/9 Cheeseburger Steamed Broccoli Cauliflower Florets Fruit Juice	11/10 Roast Turkey & Stuffing Mashed Potatoes Cranberry Sauce Romaine Side Salad Mandarin Oranges	11/11 NO SCHOOL	11/12 Corn dog Nuggets Mixed Vegetables Cucumber Slices Diced Peaches	11/13 Cheese Pizza Glazed carrots French Fries Fruit cup
11/16 Ham & Cheese Pretzel Roll Steamed Cauliflower Baby Carrots Pineapple Tidbits	11/17 Baked Pasta and Meat Sauce Sliced bread Caesar Side Salad Green Beans Fruit Juice	11/18 Breaded Chicken Tenders WG Dinner Roll Potato Wedges Broccoli Florets Apple Crisp	11/19 Beef Tacos Spanish Rice Refried Beans Green Peas Peaches	11/20 Grilled Cheese Tomato Soup Side salad Carrots Fruit Cup
11/23 Salisbury Steak w/ gravy Buttered Noodles Steamed Mixed Veggies Romaine Side Salad Apple	11/24 Corn Dog Nuggets Steamed Mixed Vegetables Fresh Baby Carrots & Celery Sticks Diced Pears	11/25 HALF DAY	11/26 NO SCHOOL	11/27 NO SCHOOL
11/30 NO SCHOOL				