

Holy Name of Jesus

April 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
			4/1 No School	4/2 No School
4/5 No School	4/6 No School	4/7 Chicken & Waffles Steamed Carrots Celery Sticks Apple Slices	4/8 Hot Dog Baked Beans Veggie Juice Mandarin Oranges	4/9 Grilled Cheese Sandwich Tomato Soup Steamed Corn Side Romaine Salad 100% Fruit Juice
4/12 Sausage, Egg & Cheese on an English Muffin Tater Tots Veggie Juice Diced Peas	4/13 Chicken Nuggets Dinner Roll Steamed Cauliflower Roasted Chickpeas 100% Fruit Juice	4/14 Walking Tacos Steamed Corn Lettuce & Tomato Cup Banana	4/15 Pepperoni Pizza Steamed Broccoli Baby Carrots Mixed Fruit	4/16 Fish Sticks Dinner Roll Fries Cucumber & Tomato Salad Applesauce
4/19 Breaded Chicken Sandwich Steamed Mixed Veggies Peas Diced Peaches	4/20 Grilled Cheese Sandwich Tomato Soup Steamed Carrots Veggie Juice Orange	4/21 Corn Dog Nuggets Baked Beans Celery Sticks Apple Slices	4/22 Cheeseburger Crinkle Cut Fries Baby Carrots Banana	4/23 Cheese Pizza Steamed Green Beans Side Caesar Salad Pineapple Tidbits
4/26 Meatball Sub Sweet Potato Fries 2-Bean Salad Mixed Fruit	4/27 Chicken Tenders Dinner Roll Steamed Broccoli Baby Carrots Apple Slices	4/28 Sloppy Joe Sandwich Steamed Corn Side Romaine Salad Banana	4/29 French Toast Sticks Sausage Patties Tater Tots Veggie Juice Mandarin Oranges	4/30 Macaroni & Cheese Dinner Roll Roasted Carrots Celery Sticks Applesauce