

Holy Name of Jesus

November 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
11/15 Chicken Cheesesteak Sub Steamed Cauliflower Fresh Vegetable Pears	11/16 French Toast Sticks Chicken Sausage Patties Tater Tots Fresh Vegetable 100% Fruit Juice	11/17 Chicken & Waffles Steamed Green Beans Fresh Vegetable Apple Slices	11/18 Tacos Steamed Broccoli Fresh Vegetable Peaches	11/19 Breaded Fish Sandwich Sweet Potato Fries Fresh Vegetable Mandarin Oranges
11/22 Cheesesteak Hoagie Steamed Mixed Veggies Fresh Vegetable Pineapple Tidbits	11/23 Cheeseburger BBQ Baked Beans Fresh Vegetable Applesauce	11/24 No School	11/25 No School	11/26 No School
11/29 No School	11/30 Breaded Chicken Tenders Dinner Roll Steamed Broccoli Fresh Vegetable Mixed Fruit			