

# Holy Name of Jesus

## December 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
		12/1  Pierogies Dinner Roll Steamed Broccoli Fresh Vegetable Apple Slices	12/2  Chicken Sticks Dinner Roll Smiley Fries Fresh Vegetable Banana	12/3  Grilled Cheese Sandwich Tomato Soup Steamed Cauliflower Fresh Vegetable Fruit Cup
12/6  Salisbury Steak Dinner Roll Mashed Potatoes Fresh Vegetable Fruit Cup	12/7  Chicken & Waffles Steamed Carrots Fresh Vegetable Applesauce	12/8  Cheeseburger Baked Beans Fresh Vegetable Fruit Cup	12/9  Pasta & Meat Sauce Garlic Toast Steamed Green Beans Fresh Vegetable Apple Slices	12/10  Cheese Pizza Steamed Broccoli Fresh Vegetable Banana