

Holy Name of Jesus

January 2022 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
1/3 Cheeseburger Steamed Green Beans Fresh Vegetable Pineapple Tidbits	1/4 Hot Dog Baked Beans Fresh Vegetable Apple Slices	1/5 Walking Taco Steamed Corn Fresh Vegetable Mandarin Oranges	1/6 Grilled Cheese Tomato Soup Steamed Broccoli Fresh Vegetable Banana	1/7 Pizza Steamed Carrots Fresh Vegetable Applesauce
1/10 Breaded Chicken Mixed Veggies Fresh Vegetable Chilled Pears	1/11 Pasta w/Meat Sauce Garlic Toast Steamed Broccoli Fresh Vegetable Apple	1/12 Corn Dog Nuggets Baked Beans Fresh Vegetable 100% Fruit Juice	1/13 Hot Turkey Sandwich Mashed & Gravy Fresh Vegetable Apple Slices	1/14 Breaded Fish Sweet Potato Fries Fresh Vegetable Mixed Fruit
1/17 No School	1/18 Pierogies Dinner Roll Steamed Mixed Veggies Fresh Vegetable Mandarin Oranges	1/19 Bacon Cheeseburger Steamed Carrots Fresh Vegetable Applesauce	1/20 Waffles Chicken Sausage Tater Tots Fresh Vegetable 100% Fruit Juice	1/21 Cheese Quesadilla Steamed Broccoli Fresh Vegetable Banana
1/24 Calzone Steamed Green Beans Fresh Vegetable Pineapple Tidbits	1/25 Meatball Hoagie Baked Beans Fresh Vegetable Apple Slices	1/26 Macaroni & Cheese Dinner Roll Stewed Tomatoes Fresh Vegetable Chilled Pears	1/27 Turkey, Bacon, Lettuce & Tomato Sandwich French Fries Fresh Vegetable Mixed Fruit	1/28 Pizza Steamed Broccoli Fresh Vegetable 100% Fruit Juice
1/31 Salisbury Steak Mashed & Gravy Fresh Vegetable Applesauce				