

# Holy Name of Jesus

## April April 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
				4/1 Macaroni & Cheese Dinner Roll Steamed Carrots Fresh Vegetable Diced Pears
4/4 Turkey Ham & Cheese Lunch Stuffer Steamed Corn Fresh Vegetable 100% Fruit Juice	4/5 Walking Taco Steamed Carrots Fresh Vegetable Applesauce	4/6 Chicken Tenders Dinner Roll Steamed Broccoli Fresh Vegetable Pineapple Tidbits	4/7 Oven Roasted Turkey Mashed Potatoes & Gravy Stuffing, Steamed Corn Dinner Roll Apple Slices	4/8 Cheese Dunkers w/Marinara Sauce Steamed Cauliflower Fresh Vegetable Diced Peaches
4/11 Breaded Chicken Sandwich Steamed Green Beans Fresh Vegetable Mixed Fruit	4/12 Grilled Cheese Tomato Soup Steamed Carrots Fresh Vegetable Apple Slices	4/13 French Toast Sticks Sausage Patties Tater Tots Fresh Vegetable 100% Fruit Juice	4/14 No School	4/15 No School
4/18 No School	4/19 No School	4/20 Chicken Nuggets Dinner Roll Steamed Mixed Veggies Fresh Vegetable Applesauce	4/21 Pancakes & Sausage Tater Tots Fresh Vegetable 100% Fruit Juice	4/22 Cheese Pizza Steamed Broccoli Fresh Vegetable Banana
4/25 Cheeseburger Fries Fresh Vegetable Pineapple Tidbits	4/26 Corn Dog Nuggets Baked Beans Fresh Vegetable 100% Fruit Juice	4/27 Popcorn Chicken Dinner Roll Steamed Cauliflower Fresh Vegetable Diced Peaches	4/28 Spaghetti & Meatballs Breadstick Side Salad Fresh Vegetable Mixed Fruit	4/29 Fish Sticks Dinner Roll Sweet Potato Fries Fresh Vegetable Banana