

Holy Name of Jesus

May 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
5/2 Lasagna Roll Up Dinner Roll Mixed Veggies Fresh Vegetable Mixed Fruit	5/3 French Toast Sticks Chicken Sausage Patties Tater Tots Fresh Vegetable 100% Fruit Juice	5/4 Corn Dog Nuggets Steamed Broccoli Fresh Vegetable Diced Peaches	5/5 Soft Taco Rice Steamed Corn Fresh Vegetable Pineapple Tidbits	5/6 Cheese Pizza Steamed Green Beans Fresh Vegetable Applesauce
5/9 Pierogies Dinner Roll Steamed Carrots Fresh Vegetable Diced Pears	5/10 Pasta & Meatballs Garlic Toast Steamed Broccoli Fresh Vegetable 100% Fruit Juice	5/11 Sloppy Joe Sandwich Baked Beans Fresh Vegetable Mixed Fruit	5/12 Salisbury Steak Dinner Roll Mashed Potatoes Fresh Vegetable Applesauce	5/13 Fish Sticks Dinner Roll Steamed Cauliflower Fresh Vegetable Apple Slices
5/16 Breaded Chicken Sandwich Sweet Potato Fries Fresh Vegetable Diced Peaches	5/17 Waffles & Sausage Tater Tots Fresh Vegetable 100% Fruit Juice	5/18 Field Day Cookout Hot Dog or Hamburger Baked Beans Coleslaw Apple Slices	5/19 Chicken Nuggets Dinner Roll Steamed Mixed Veggies Fresh Vegetable Pineapple Tidbits	5/20 Macaroni & Cheese Dinner Roll Steamed Carrots Fresh Vegetable Applesauce
5/23 Loaded Fries (Beef & Cheese) Fresh Vegetable 100% Fruit Juice	5/24 Meatball Hoagie Steamed Green Beans Fresh Vegetable Mixed Fruit	5/25 Grilled Cheese Tomato Soup Steamed Peas Fresh Vegetable Orange	5/26 Chicken Tenders Dinner Roll Fries Fresh Vegetable Apple Slices	5/27 Cheese Pizza Steamed Corn Fresh Vegetable Diced Pears
5/30 No School	5/31 Breaded Chicken Sandwich Steamed Mixed Veggies Fresh Vegetable 100% Fruit Juice			

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June 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

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Daily Milk Choices:

Fat Free Flavored
Fat Free White Milk
1 % White Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		6/1 Corn Dog Nuggets Fries Fresh Vegetable Mixed Fruit	6/2 Chicken & Gravy Over Waffles Steamed Peas Fresh Vegetable Chilled Peaches	6/3 Fish Sticks Dinner Roll Steamed Broccoli Fresh Vegetable Applesauce
6/6 Turkey & Cheese Hoagie Baked Chips Baby Carrots Celery Sticks Apple Slices	6/7 Last Day of School Half Day No Lunch	<div style="border: 2px solid blue; padding: 10px; text-align: center;"> <h2>HAVE A GREAT SUMMER!!!</h2> </div>		