

# Holy Name of Jesus

## August & September 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
8/29 Pancakes & Sausage Tater Tots Fresh Vegetable 100% Fruit Juice	8/30 Pepperoni Calzone Steamed Corn Fresh Vegetable Orange	8/31 Grilled Cheese & Tomato Soup Steamed Carrots Fresh Vegetable Mixed Fruit	9/1 Hamburger Steamed Broccoli Fresh Vegetable Banana	9/2 Italian Dunkers w/Marinara Sauce Steamed Mixed Veggies Fresh Vegetable Apple Slices
9/5 No School	9/6 Corn Dog Nuggets Steamed Broccoli Fresh Vegetable Chilled Pears	9/7 Breaded Chicken Sandwich Steamed Peas Fresh Vegetable Applesauce	9/8 Cheeseburger Steamed Green Beans Fresh Vegetable 100% Fruit Juice	9/9 Cheese Pizza Steamed Carrots Fresh Vegetable Pineapple Tidbits
9/12 French Toast & Sausage Tater Tots Fresh Vegetable 100% Fruit Juice	9/13 Chicken Smackers Bread Slice Vegetarian Beans Fresh Vegetable Chilled Peaches	9/14 Macaroni & Cheese Bread Slice Steamed Peas Fresh Vegetable Apple Slices	9/15 Meatball Hoagie Steamed Green Beans Fresh Vegetable Banana	9/16 Fish Sticks Dinner Roll Steamed Carrots Fresh Vegetable Mixed Fruit
9/19 Chicken Nuggets Bread Slice Steamed Mixed Veggies Fresh Vegetable Applesauce	9/20 Breaded Chicken Sandwich Mashed Potatoes Fresh Vegetable 100% Fruit Juice	9/21 No School	9/22 Waffles & Sausage Crinkle Cut Fries Fresh Vegetable Apple Slices	9/23 Cheese Pizza Steamed Green Beans Fresh Vegetable Fruited Jello
9/26 Cheesy Breadstick Steamed Mixed Veggies Fresh Vegetable Pineapple Tidbits	9/27 French Toast & Sausage Tater Tots Fresh Vegetable Mixed Fruit	9/28 Spaghetti & Meatballs Sliced Bread Steamed Broccoli Fresh Vegetable 100% Fruit Juice	9/29 Hamburger Steamed Corn Fresh Vegetable Chilled Peaches	9/30 Southwest Cheesy Queso Pull-Apart Steamed Carrots Fresh Vegetable Orange