

Holy Name of Jesus

October 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
10/3 Cheeseburger French Fries Fresh Vegetable Diced Peaches	10/4 Popcorn Chicken Bread Slice Steamed Green Beans Fresh Vegetable Applesauce	10/5 Corn Dog Nuggets Steamed Carrots Fresh Vegetable 100% Fruit Juice	10/6 Breaded Chicken Sandwich BBQ Baked Beans Fresh Vegetable Banana	10/7 Cheese Pizza Steamed Broccoli Fresh Vegetable Mixed Fruit
10/10 No School	10/11 Pepperoni Calzone Steamed Corn Fresh Vegetable 100% Fruit Juice	10/12 Breakfast Sandwich Sweet Potato Fries Fresh Vegetable Apple Slices	10/13 Hamburger Steamed Broccoli Fresh Vegetable Mixed Fruit	10/14 Italian Dunkers w/Marinara Sauce Steamed Mixed Veggies Fresh Vegetable Diced Pears
10/17 Breaded Chicken Sandwich Vegetarian Beans Fresh Vegetable Diced Peaches	10/18 Beef Nachos Bread Slice Steamed Broccoli Fresh Vegetable Applesauce	10/19 Hot Dog Steamed Green Beans Fresh Vegetable Apple	10/20 Cheeseburger French Fries Fresh Vegetable Banana	10/21 Cheese Pizza Steamed Carrots Fresh Vegetable Mixed Fruit
10/24 French Toast & Sausage Tater Tots Fresh Vegetable Pineapple Tidbits	10/25 Grilled Cheese Sandwich Tomato Soup Steamed Cauliflower Fresh Vegetable 100% Fruit Juice	10/26 Chicken Nuggets Bread Slice Steamed Peas Fresh Vegetable Apple Slices	10/27 Meatball Hoagie Steamed Green Beans Fresh Vegetable Mixed Fruit	10/28 Fish Tacos Steamed Carrots Fresh Vegetable Diced Pears
10/31 Corn Dog Nuggets Steamed Mixed Veggies Fresh Vegetable Diced Peaches				