

Holy Name of Jesus

February 2023 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
		2/1 Hamburger Steamed Cauliflower Fresh Vegetable 100% Fruit Juice	2/2 Walking Taco Bread Slice Vegetarian Beans Fresh Vegetable Banana	2/3 Cheese Pizza Steamed Green Beans Fresh Vegetable Mixed Fruit
2/6 Chicken Nuggets Bread Slice Steamed Mixed Veggies Fresh Vegetable Pineapple Tidbits	2/7 French Toast Sticks Sausage Patties Tater Tots Fresh Vegetable 100% Fruit Juice	2/8 Corn Dog Nuggets Steamed Broccoli Fresh Vegetable Apple Slices	2/9 Popcorn Chicken Bread Slice Steamed Corn Fresh Vegetable Mixed Fruit	2/10 Grilled Cheese Sandwich Steamed Carrots Fresh Vegetable Diced Pears
2/13 Breaded Chicken Sandwich Fries Fresh Vegetable Diced Peaches	2/14 Chicken Nuggets Bread Slice Steamed Carrots Fresh Vegetable Applesauce	2/15 Salisbury Steak Bread Slices Mashed Potatoes Fresh Vegetable 100% Fruit Juice	2/16 Hot Dog Baked Beans Fresh Vegetable Banana	2/17 No School
2/20 No School	2/21 French Toast Sticks Sausage Patties Tater Tots Fresh Vegetable 100% Fruit Juice	2/22 Pierogies Bread Slice Steamed Carrots Fresh Vegetable Apple Slices	2/23 Walking Taco Bread Slice Steamed Broccoli Fresh Vegetable Mixed Fruit	2/24 Cheese Pizza Steamed Mixed Veggies Fresh Vegetable Diced Pears
2/27 Chicken Nuggets Bread Slice Baked Beans Fresh Vegetable Diced Peaches	2/28 Fish Sticks Bread Slice Tater Tots Fresh Vegetable Applesauce			