

# Holy Name of Jesus

## April 2024 Lunch Menu



MENU SUBJECT TO CHANGE

### 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  No School	4/2  No School	4/3  Salisbury Steak Bread Slice Mashed Potatoes & Gravy Fresh Vegetable 100% Fruit Juice	4/4  Walking Taco Bread Slice Steamed Carrots Fresh Vegetable Banana	4/5  Grilled Cheese Steamed Broccoli Fresh Vegetable Mixed Fruit
4/8  Egg & Cheese on English Muffin Tater Tots Fresh Vegetable Pineapple Tidbits	4/9  Breaded Chicken Sandwich Steamed Carrots Fresh Vegetable 100% Fruit Juice	4/10  Italian Dunkers w/Marinara Sauce Steamed Peas Fresh Vegetable Apple Slices	4/11  Popcorn Chicken Bread Slice Steamed Corn Fresh Vegetable Mixed Fruit	4/12  Cheese Pizza Steamed Green Beans Fresh Vegetable Diced Pears
4/15  Chicken Nuggets Bread Slice Steamed Mixed Veggies Fresh Vegetable Diced Peaches	4/16  French Toast Sticks Sausage Patties Tater Tots Fresh Vegetable Applesauce	4/17 <del>Hot Turkey Sandwich</del> <del>Mashed Potatoes w/ Gravy</del> <del>Turkey &amp; Cheese Hoagie</del> Steamed Green Beans Fresh Vegetable 100% Fruit Juice	4/18  Hot Dog Baked Beans Fresh Vegetable Banana	4/19  Breaded Fish Sandwich Steamed Carrots Fresh Vegetable Mixed Fruit
4/22  Cheese Lasagna Rollup Garlic Toast Steamed Broccoli Fresh Vegetable Pineapple Tidbits	4/23  Cheeseburger Fries Fresh Vegetable 100% Fruit Juice	4/24  Corn Dog Nuggets Steamed Mixed Veggies Fresh Vegetable Apple Slices	4/25  Breaded Chicken Sandwich Steamed Carrots Fresh Vegetable Mixed Fruit	4/26  Cheese Pizza Baked Beans Fresh Vegetable Diced Pears
4/29  Spaghetti & Meatballs Bread Slice Steamed Green Beans Fresh Vegetable Diced Peaches	4/30  Pancakes Sausage Patties Sweet Potato Fries Fresh Vegetable Applesauce			