Holy Name of Jesus NOVEMBER 2019 Lunch Menu



8	What	Makes	a	Meal?
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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:

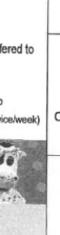
- * Dark Green
- * Red/Orange
- * Legumes
- * Starchy
- * Other

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



	MA COM	AL LOS		Group MINU SUBJECT TO CHANGE
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				11/1
				Cheese Pizza Baked Beans Chilled Pineapple Tidbits
11/4	11/5	11/6	11/2	
127		11/6	11/7	11/8
Pasta & Meat Sauce Sliced Bread Side Romaine Salad Chilled Peaches	Breakfast for Lunch French Toast Sticks Sausage Tater Tots Banana	Chicken Nuggets Dinner Roll Steamed Carrots Orange Wedges	Corn Dog Nuggets Steamed Green Beans Apple Slices	Grilled Cheese Sandwich Bean Salad Chilled Mixed Fruit
11/11	11/12	11/13	11/14	11/15
NO SCHOOL	Breakfast for Lunch French Toast Sausage Tater Tots Banana	Sloppy Joe Sandwich Sweet Potato Fries Orange Wedges	Roast Turkey Dinner Mashed Potatoes & Gravy Green Beans Dinner Roll Sliced Apples	Fish Sticks Sliced Bread Side Caesar Salad Chilled Peaches
11/18	11/19	11/20	11/21	11/22
Chicken Nuggets Dinner Roll Steamed Carrots Chilled Pineapple Tidbits	Turkey & Cheese Pretzel Melt Steamed Cauliflower Cinnamon Applesacue	Macaroni & Cheese Dinner Roll Shoestring Fries Banana	Breaded Chicken Sliders Steamed Broccoli Chilled Pears	Cheese Pizza Roasted Garbanzo Beans Mandarin Oranges
11/25	11/26	11/27	11/28	11/29
Cheeseburger Steamed Corn Chilled Mixed Fruit	med Corn Steamed Broccoli		NO SCHOOL	