Holy Name of Jesus January 2020 Lunch Menu

	Nutrition Group MENU SUBJECT TO CHANGE
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Wh	nat l	Mal	kes a	M	eal?

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

the sales of the sales of the				MENU SUBJECT TO CHANGE
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1/1	1/2	1/3
		No School	Walking Taco Steamed Corn Chilled Pears	Grilled Cheese Sandwich Steamed Cauliflower Chilled Pears
1/6	1/7	1/8	1/9	1/10
Turkey & Cheese Hoagie Caesar Salad Mandarin Oranges	Cheeseburger Roasted Chickpeas Apple Slices	Corn Dog Nuggets Steamed Carrots Banana	Pierogies w/Dinner Roll Steamed Green Beans Chilled Pineapples	Cheese Pizza Crinkle Cut Fries Chilled Peaches
1/13	1/14	1/15	1/16	1/17
Chicken Nuggets Steamed Broccoli Applesauce Cup	Breaded Fish Sandwich Sweet Potato Fries Chilled Mixed Fruit	Hamburger Macaroni Garlic Bread Brussel Sprouts Fruited Gelatin	Breaded Chicken Sandwich Steamed Corn Chilled Pears	Grilled Cheese Sandwich BBQ Baked Beans Mandarin Oranges
1/20	1/21	1/22	1/23	1/24
No School	Breaded Chicken Sliders Coleslaw Chilled Peaches	Pizza Caesar Salad Banana	Hot Dog Sweet Potato Fries Chilled Pineapples	Cheese Pizza Tater Tots Chilled Pears
1/27	1/28	1/29	1/30	1/31
Macaroni & Cheese Dinner Roll Steamed Mixed Veggies Applesauce Cup	Steak 'n Cheese Hoagie Shoestring Fries Mandarin Oranges	Pulled Pork Sandwich Romaine Salad Chilled Mixed Fruit	Chicken Strips Dinner Roll Roasted Chickpeas Banana	Fish Sticks w/Bread Slice Steamed Carrots Chilled Peaches
	1/6 Turkey & Cheese Hoagie Caesar Salad Mandarin Oranges 1/13 Chicken Nuggets Steamed Broccoli Applesauce Cup 1/20 No School 1/27 Macaroni & Cheese Dinner Roll Steamed Mixed Veggies	1/6 Turkey & Cheese Hoagie Caesar Salad Mandarin Oranges 1/13 Chicken Nuggets Steamed Broccoli Applesauce Cup 1/20 1/20 1/21 Breaded Chicken Sliders Chilled Mixed Fruit 1/27 Macaroni & Cheese Dinner Roll Steamed Mixed Veggies Mandarin Oranges 1/28 Steamed Mixed Veggies 1/27 Steamed Mixed Veggies 1/28 1/28 Steak 'n Cheese Hoagie Shoestring Fries Mandarin Oranges	1/6 Turkey & Cheese Hoagie Caesar Salad Mandarin Oranges 1/13 Chicken Nuggets Steamed Broccoli Applesauce Cup 1/20 No School 1/20 1/20 1/20 1/20 1/20 1/20 1/20 1/20 1/20 1/20 1/21 1/20 1/20 1/21 1/20 1/20 1/21 1/20 1/20 1/21 1/20 1/20 1/21 1/20 1/20 1/21 1/20 1/20 1/21 1/20 1/20 1/21 1/20 1/20 1/21 1/20 1/20 1/21 1/20 1/20 1/21 1/20 1/20 1/21 1/20 1/20 1/21 1/20 Pizza Caesar Salad Banana 1/27 1/28 1/29 Pulled Pork Sandwich Romaine Salad Chilled Mixed Fruit	1/6 Turkey & Cheese Hoagie Caesar Salad Mandarin Oranges 1/1 1/2 No School 1/8 1/9 Pierogies w/Dinner Roll Steamed Green Beans Chilled Pineapples Corn Dog Nuggets Steamed Carrots Banana 1/13 1/14 1/15 1/16 Breaded Chickpeas Apple Slices Breaded Fish Sandwich Sweet Potato Fries Chilled Mixed Fruit 1/20 1/21 1/20 1/21 1/20 1/21 1/22 1/23 Breaded Chicken Sliders Coleslaw Chilled Pears 1/20 1/21 1/22 1/23 Breaded Chicken Sliders Coleslaw Chilled Pears 1/27 1/28 1/29 1/30 Macaroni & Cheese Dinner Roll Steamed Mixed Veggies Steak 'n Cheese Hoagie Shoestring Fries Mandarin Oranges Mandarin Oranges Steak 'n Cheese Hoagie Shoestring Fries Mandarin Oranges Mandarin Oranges 1/27 Macaroni & Cheese Dinner Roll Steamed Mixed Veggies Steak 'n Cheese Hoagie Shoestring Fries Mandarin Oranges Mandarin Oranges 1/27 Macaroni & Cheese Dinner Roll Romaine Salad Chilled Mixed Fruit Chilled Mixed Fruit Chilled Mixed Fruit Chilken Strips Dinner Roll Romaine Salad Chilkeyeas