

Holy Name of Jesus

February 2020 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
2/3 Hot Dog Steamed Broccoli Mandarin Oranges	2/4 Turkey Club w/Bacon Steamed Mixed Veggies Sliced Apples	2/5 Breaded Chicken Sandwich Steamed Corn Banana	2/6 Hot Ham & Cheese Sandwich Steamed Carrots Chilled Pineapples	2/7 Cheese Pizza Baked Beans Chilled Peaches
2/10 Chicken Nuggets w/Dinner Roll Steamed Green Beans Applesauce Cup	2/11 Fish Sticks w/Bread Slice Roasted Chick Peas Chilled Mixed Fruit	2/12 Corn Dog Nuggets Steamed Corn Sliced Apples	2/13 Rib-b-que Sandwich Sweet Potato Fries Chilled Pineapples	2/14 NO SCHOOL
2/17 NO SCHOOL	2/18 Breakfast for Lunch Tater Tots Chilled Peaches	2/19 Chicken Nuggets w/Dinner Roll Steamed Cauliflower Banana	2/20 Walking Taco Steamed Broccoli Chilled Pineapples	2/21 Macaroni & Cheese Stewed Tomatoes Chilled Pears
2/24 Steak 'n Cheese Hoagie Sweet Potato Fries Applesauce Cup	2/25 Breaded Chicken Sandwich Side Salad Mandarin Oranges	2/26 Grilled Cheese Sandwich & Tomato Soup Chickpea Salad Chilled Mixed Fruit	2/27 Corn Dog Nuggets Steamed Mixed Veggies Banana	2/28 Cheese Pizza French Fries Chilled Peaches