

Aug/September  
2022

# HOLY NAME ELEMENTARY LUNCH MENU



**WELCOME BACK  
TO SCHOOL!**

### Daily Choices

Hot Meal or  
Deli Sandwich or Peanut Butter & Jelly  
Sandwich with all components  
or  
Craveable Meal with all components

### What is a Meal?

You must choose at least 3 of the 5 components available for the free school lunch meal.  
Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch  
Meat or meat alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread  
Choice of Milk - 1% white, and fat-free chocolate or fat-free Strawberry

### Weekly Vegetable Subgroups May Include:

Dark green - broccoli, romaine and salad  
Red/Orange - carrots, tomatoes, red peppers  
Beans - baked beans  
Starchy - french fries, corn, and mashed potatoes  
Other Vegetables: cucumbers, celery sticks, green peppers and green beans  
Featured Fruit



Choice of Craveables may include:  
Nacho with Chips and Salsa, Make your Own  
Pizza, Yogurt Cheesestick and Crackers,  
Breadstick Dipper & Super Fruit.

USDA is an equal opportunity provider and employer.

Menu subject to change due to product availability.

Monday	Taco Tuesday	Wednesday	Thursday	Pizza Friday!
<p>22</p> <p>Corn Dog Nuggets</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Pizza Craveable</p> <p><b>Featured Veggies:</b> French Fries Carrot Sticks Featured Fruit Choice of Milk</p>	<p>23</p> <p>Corn Dog Nuggets</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Pizza Craveable</p> <p><b>Featured Veggies:</b> French Fries Carrot Sticks Featured Fruit Choice of Milk</p>	<p>24</p> <p>Stuffed Crust Pizza</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Pizza Craveable</p> <p><b>Featured Veggies:</b> Steamed Broccoli Side Salad Featured Fruit Choice of Milk</p>	<p>25</p> <p>Chicken &amp; Cheese Quesadilla</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Pizza Craveable</p> <p><b>Featured Veggies:</b> Steamed Corn Celery Sticks Featured Fruit Choice of Milk</p>	<p>26</p> <p>Chicken Parm Sandwich</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Pizza Craveable</p> <p><b>Featured Veggies:</b> Green Beans Carrot Sticks Featured Fruit Choice of Milk</p>
<p>29</p> <p>Popcorn Chicken and Mashed Potato Bowl</p> <p>Ham &amp; Cheese Sandwich</p> <p>Nacho Craveable</p> <p><b>Featured Veggies:</b> Steamed Corn Carrot Sticks Featured Fruit Choice of Milk</p>	<p>30</p> <p>"Breakfast for Lunch" French Toast w/Sausage</p> <p>Ham &amp; Cheese Sandwich</p> <p>Nacho Craveable</p> <p><b>Featured Veggies:</b> Hashed Brown Potato Sliced Cucumbers Featured Fruit Choice of Milk</p>	<p>31</p> <p>Cheeseburger on a Bun</p> <p>Ham &amp; Cheese Sandwich</p> <p>Nacho Craveable</p> <p><b>Featured Veggies:</b> Seasoned Potato Wedges Celery w/ PB Dipper Featured Fruit Choice of Milk</p>	<p>1</p> <p>Walking Taco w/ Seasoned Rice</p> <p>Ham &amp; Cheese Sandwich</p> <p>Nacho Craveable</p> <p><b>Featured Veggies:</b> Baked Beans Red Pepper Strips Featured Fruit Choice of Milk</p>	<p>2</p> <p>Home-made Mac 'N Cheese</p> <p>Ham &amp; Cheese Sandwich</p> <p>Nacho Craveable</p> <p><b>Featured Veggies:</b> Steamed Broccoli Carrot Sticks Featured Fruit Choice of Milk</p>
<p>5</p> <p><b>HAPPY LABOR DAY</b></p>	<p>6</p> <p>Loaded Nachos over Tortilla Chips</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Breadstick Craveable</p> <p><b>Featured Veggies:</b> Baked Beans Cherry Tomatoes Featured Fruit Choice of Milk</p>	<p>7</p> <p>Ham &amp; Cheese Wrap</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Breadstick Craveable</p> <p><b>Featured Veggies:</b> French Fries Carrot Sticks Featured Fruit Choice of Milk</p>	<p>8</p> <p>Spaghetti w/ Meat Sauce w/ Dinner Roll</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Breadstick Craveable</p> <p><b>Featured Veggies:</b> Garden Salad Celery Sticks Featured Fruit Choice of Milk</p>	<p>9</p> <p>Turkey, Bacon, Cheese Grilled Sandwich</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Breadstick Craveable</p> <p><b>Featured Veggies:</b> Tator Tots Cherry Tomatoes Featured Fruit Choice of Milk</p>
<p>12</p> <p>Popcorns Chicken Served w/ Rice</p> <p>Ham &amp; Cheese Sandwich</p> <p>Superfruit Craveable</p> <p><b>Featured Veggies:</b> Steamed Corn Carrot Sticks Featured Fruit Choice of Milk</p>	<p>13</p> <p>Breaded Pork Sandwich</p> <p>Ham &amp; Cheese Sandwich</p> <p>Superfruit Craveable</p> <p><b>Featured Veggies:</b> Baked Beans Celery w/ PB Dipper Featured Fruit Choice of Milk</p>	<p>14</p> <p>Cheesy Pizza Sticks w/ Dipping sauce</p> <p>Ham &amp; Cheese Sandwich</p> <p>Superfruit Craveable</p> <p><b>Featured Veggies:</b> Garden Salad Sliced Cucumbers Featured Fruit Choice of Milk</p>	<p>15</p> <p>Chicken Alfredo Served over Penne</p> <p>Ham &amp; Cheese Sandwich</p> <p>Superfruit Craveable</p> <p><b>Featured Veggies:</b> Steamed Broccoli Red Pepper Strips Featured Fruit Choice of Milk</p>	<p>16</p> <p>Homemade Stromboli w/ Dipping Sauce</p> <p>Ham &amp; Cheese Sandwich</p> <p>Superfruit Craveable</p> <p><b>Featured Veggies:</b> Green Beans Carrot Sticks Featured Fruit Choice of Milk</p>
<p>19</p> <p>Crispy Chicken Tenders w/ Dinner Roll</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Yogurt Craveable</p> <p><b>Featured Veggies:</b> French Fries Carrot Sticks Featured Fruit Choice of Milk</p>	<p>20</p> <p>Meatball Hoagie Topped w/ Cheese</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Yogurt Craveable</p> <p><b>Featured Veggies:</b> Baked Beans Sliced Cucumbers Featured Fruit Choice of Milk</p>	<p>21</p> <p>Pulled Pork Sliders</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Yogurt Craveable</p> <p><b>Featured Veggies:</b> Mashed Potatoes Glazed Carrots Featured Fruit Choice of Milk</p>	<p>22</p> <p>Sweet &amp; Sour Nuggets Served over Rice</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Yogurt Craveable</p> <p><b>Featured Veggies:</b> Green Beans Celery w/ PB Dipper Featured Fruit Choice of Milk</p>	<p>23</p> <p>Philly Cheesesteak on a Roll</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Yogurt Craveable</p> <p><b>Featured Veggies:</b> French Fries Carrot Sticks Featured Fruit Choice of Milk</p>