

# HOLY NAME ELEMENTARY LUNCH MENU

November  
2023



| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|
| <b>6</b><br>Soft Beef Tacos w/ Cheese<br>Turkey & Cheese Sandwich<br>Pizza Craveable<br>Featured Veggies:<br>Steamed Corn<br>Carrot Sticks<br>Featured Fruit<br>Choice of Milk                | <b>7</b><br>Dino Chicken Nuggets w/ Dinner Roll<br>Turkey & Cheese Sandwich<br>Pizza Craveable<br>Featured Veggies:<br>French Fries<br>Celery Sticks<br>Featured Fruit<br>Choice of Milk | <b>8</b><br>Home-made Mac 'N Cheese<br>Turkey & Cheese Sandwich<br>Pizza Craveable<br>Featured Veggies:<br>Green Beans<br>Sliced Cucumbers<br>Featured Fruit<br>Choice of Milk                   | <b>9</b><br>Hot Ham & Cheese on a Croissant<br>Turkey & Cheese Sandwich<br>Pizza Craveable<br>Featured Veggies:<br>Tater Tots<br>Carrot Sticks<br>Featured Fruit<br>Choice of Milk     | <b>10</b><br>No School!  |
| <b>13</b><br>No School!   | <b>14</b><br>Sloppy Joe Sandwich<br>Ham & Cheese Sandwich<br>Nacho Craveable<br>Featured Veggies:<br>Tater Tots<br>Celery Sticks<br>Featured Fruit<br>Choice of Milk                     | <b>15</b><br>Chicken Patty Sandwich<br>Ham & Cheese Sandwich<br>Nacho Craveable<br>Featured Veggies:<br>Steamed Broccoli<br>Carrot Sticks<br>Featured Fruit<br>Choice of Milk                    | <b>16</b><br>Turkey Meal w/ Stuffing<br>Ham & Cheese Sandwich<br>Nacho Craveable<br>Featured Veggies:<br>Mashed Potatoes<br>Steamed Corn<br>Featured Fruit<br>Choice of Milk           | <b>17</b><br>Cheese Pizza<br>Ham & Cheese Sandwich<br>Nacho Craveable<br>Featured Veggies:<br>Baked Beans<br>Cherry Tomatoes<br>Featured Fruit<br>Choice of Milk         |
| <b>20</b><br>Popcorn Chicken w/ Dinner Roll<br>Turkey & Cheese Sandwich<br>Breadstick Craveable<br>Featured Veggies:<br>Steamed Broccoli<br>Carrot Sticks<br>Featured Fruit<br>Choice of Milk | <b>21</b><br>Hot Dog on a Bun<br>Turkey & Cheese Sandwich<br>Breadstick Craveable<br>Featured Veggies:<br>French Fries<br>Cherry Tomatoes<br>Featured Fruit<br>Choice of Milk            | <b>22</b><br>French Toast Sticks w/ Sausage<br>Turkey & Cheese Sandwich<br>Breadstick Craveable<br>Featured Veggies:<br>Hashed Brown Potato<br>Celery Sticks<br>Featured Fruit<br>Choice of Milk | <b>23</b><br>No School!  | <b>24</b><br>No School!  |
| <b>27</b><br>No School!   | <b>28</b><br>Walking Taco<br>Ham & Cheese Sandwich<br>Superfruit Craveable<br>Featured Veggies:<br>Baked Beans<br>Celery Sticks<br>Featured Fruit<br>Choice of Milk                      | <b>29</b><br>Hamburger on a Bun<br>Ham & Cheese Sandwich<br>Superfruit Craveable<br>Featured Veggies:<br>French Fries<br>Sliced Cucumbers<br>Featured Fruit<br>Choice of Milk                    | <b>30</b><br>Chicken Nuggets w/ Dinner Roll<br>Ham & Cheese Sandwich<br>Superfruit Craveable<br>Featured Veggies:<br>Tater Tots<br>Cherry Tomatoes<br>Featured Fruit<br>Choice of Milk | <b>31</b><br>Cheese Pizza<br>Ham & Cheese Sandwich<br>Superfruit Craveable<br>Featured Veggies:<br>Steamed Broccoli<br>Carrot Sticks<br>Featured Fruit<br>Choice of Milk |

## 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

## 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**

USDA is an equal opportunity provider and employer.

Menu subject to change due to product availability.

**Color Your Lunch Tray!**

**Choose 3 or more food groups**

**Pick at least 1/2 cup fruit and/or vegetable**

