

HOLY NAME ELEMENTARY
January LUNCH MENU

Friday
Stuffed Crust Pizza


## 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.


