

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.

Choice of Milk

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HOLY NAME ELEMENTARY LUNCH MENU

January 2024

Monday **Thursday Tuesday** Wednesday Friday **Chicken Tenders** Hot Ham & Cheese Stuffed Crust Pizza on a Croissant **Turkey & Cheese Sandwich Turkey & Cheese Sandwich Turkey & Cheese Sandwich** No School No School Pizza Craveable Pizza Craveable Pizza Craveable **Featured Veggies:** Featured Veggies: Featured Veggies: French Fries **Tater Tots Baked Beans** Sliced Cucumbers Carrot Sticks **Cherry Tomatoes Featured Fruit Featured Fruit** Featured Fruit Choice of Milk Choice of Milk Choice of Milk 10 **Popcorn Chicken Sloppy Joe Pulled Pork Sliders** Cheeseburger **Cheese Pizza Mashed Potato Bowl** Sandwich On A Bun **Ham & Cheese Sandwich** Ham & Cheese Sandwich Ham & Cheese Sandwich Ham & Cheese Sandwich Ham & Cheese Sandwich **Nacho Craveable Nacho Craveable Nacho Craveable Nacho Craveable Nacho Craveable** Featured Veggies: Featured Veggies: Featured Veggies: Featured Veggies: Featured Veggies: Steamed Corn Steamed Broccoli French Fries **Baked Beans Tater Tots Celery Sticks Celery Sticks Carrot Sticks Carrot Sticks Cherry Tomatoes** Featured Fruit **Featured Fruit Featured Fruit Featured Fruit** Featured Fruit **Choice of Milk Choice of Milk** Choice of Milk Choice of Milk Choice of Milk 15 17 18 Hot Dog on a Bun **French Toast Sticks Chicken Patty Cheesy Pizza Sticks** w/ Sausage Sandwich w/ Dipping sauce **Turkey & Cheese Sandwich Turkey & Cheese Sandwich Turkey & Cheese Sandwich Turkey & Cheese Sandwich** No School **Breadstick Craveable Breadstick Craveable Breadstick Craveable Breadstick Craveable** Featured Veggies: Featured Veggies: Featured Veggies: Featured Veggies: French Fries Hashed Brown Potato **Baked Beans** French Fries **Cherry Tomatoes** Celery Sticks Cherry Tomatoes Carrot Sticks **Featured Fruit Featured Fruit** Featured Fruit **Featured Fruit** Choice of Milk Choice of Milk Choice of Milk Choice of Milk 24 22 **Chicken Nuggets Breaded Pork Chopette Walking Taco** Mac N' Cheese Cheese Pizza w/ Dinner Roll w/ Mashed Potatoes & Gravv Ham & Cheese Sandwich Superfruit Craveable **Superfruit Craveable Superfruit Craveable** Superfruit Craveable Superfruit Craveable Featured Veggies: Featured Veggies: Featured Veggies: Featured Veggies: Featured Veggies: Steamed Corn **Baked Beans** French Fries **Tater Tots** Steamed Broccoli **Carrot Sticks** Celery Sticks Sliced Cucumbers **Cherry Tomatoes Carrot Sticks** Featured Fruit **Featured Fruit Featured Fruit** Featured Fruit Featured Fruit Choice of Milk 30 29 Spaghetti w/ Meatballs Cheese Nachos "County Fair Day" **Toasted Cheese** Stuffed Crust Pizza w/ Bread Stick w/ Dinner Roll **Corn Dog Nuggets** Sandwich **Turkey & Cheese Sandwich Turkey & Cheese Sandwich Turkey & Cheese Sandwich Turkey & Cheese Sandwich Turkey & Cheese Sandwich Yogurt Craveable Yogurt Craveable Yogurt Craveable Yogurt Craveable Yogurt Craveable** Featured Vegaies: **Featured Vegaies: Featured Vegaies:** Featured Vegaies: Featured Vegaies: Steamed Broccoli Side Salad Mixed Veggies French Fries **Baked Beans Cherry Tomatoes Carrot Sticks** Celery Sticks **Carrot Sticks** Celery Sticks **Featured Fruit Featured Fruit Featured Fruit Featured Fruit Featured Fruit**

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