

Holy Family January 2018 Elementary Lunch

Food Service Director: Lori Frey
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What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

***Vegetables may include:**
Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber
***May choose two 1/2 cup servings**

***Fruits may include:**
Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce
***May choose one 1/2 cup serving**



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

Proud to manage your
food service program



The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

MENUS SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		3 Juicy Hamburger on a Bun Succulent Sweet Potato Fries Tropical Pineapple Tidbits 1% Milk	4 Ham & Cheese on a Pretzel Bun Confetti Bean Salad Blueberry Crisp 1% Milk	5 Tomato Soup Grilled Cheese Sandwich Blended Mixed Vegetables Cinnamon Applesauce 1% Milk	
8 Crunchy Fish Sticks with Fresh Sliced Bread Steamed Carrot Coins Tropical Fruit Salad 1% Milk	9 Baked Rigatoni Flavorful Vegetarian Beans Plump Juicy Blueberries 1% Milk	10 Philly Cheese steak Sub Seasoned Green Beans Juicy Sliced Peaches 1% Milk	11 Crispy Chicken Nuggets With Fresh Sliced Bread Creamy Mashed Potatoes with Gravy Cinnamon Applesauce 1% Milk	12 Salisbury Steak with Gravy & Sliced Bread Steamed Broccoli Diced Pears 1% Milk	
15 No School	16 Pasta & Homemade Meat Sauce with Fresh Bread Fresh Steamed Green Beans Diced Pears 1% Milk	17 Ham and Cheese Stromboli Steamed Broccoli Cool Mixed Fruit Cup 1% Milk	18 Pierogis with Fresh Sliced Bread Flavorful Vegetarian Beans Cinnamon Apple Slices 1% Milk	19 Sloppy Joe Steamed Carrot Coins Diced Pears 1% Milk	
22 Beef & Cheese Hard Taco w/Bimbo Bread Seasoned Green Beans Citrusy Mandarin Oranges 1% Milk	23 TNG Burger Flavorful Vegetarian Beans Chilled Applesauce 1% Milk	24 Macaroni And Cheese With Sliced Bread Stewed Tomatoes Plump Juicy Blueberries 1% Milk	25 Chicken Cheesesteak Sub Crispy Oven Baked Fries Cool Mixed Fruit Cup 1% Milk	26 Turkey and Cheese on a Pretzel Bun Golden Corn Caramel Drizzled Apples 1% Milk	
29 Chicken Fajita Stir-Fry Blended Mixed Veggies Diced Peaches 1% Milk	30 Fluffy Pancakes & Sausage Patty Crisp Tater Tots Assorted Juice 1% Milk	31 Breaded Pork Patty w/ Buttered Noodles Steamed Broccoli Cool Mixed fruit Cup 1% Milk			