

Holy Family January 2017 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	
1/2 Popcorn Chicken w/ Mashed Potatoes Steamed Corn Blueberries Low fat or Fat Free Milk	1/3 Swedish Meatballs w/ Noodles Mixed Vegetables Mandarin Oranges Low Fat or Fat Free Milk	1/4 Spaghetti w/ Meat Sauce Whole Grain Bread Slice Steamed Green Beans Tropical Fruit Low Fat or Fat Free Milk	1/5 Grilled Cheese Chickpeas Sliced Peaches Low Fat or Fat Free Milk	1/6 Beef & Cheese Nachos Whole Grain Bread Slice Steamed Broccoli Applesauce Low Fat or Fat Free Milk	
1/9 Sloppy Joe on WG Bun Steamed Corn Pineapple Tidbits Low Fat or Fat Free Milk	1/10 Pierogies w/ WG Bread Slice Steamed Broccoli Blueberries Low Fat or Fat Free Milk	1/11 Cheesesteak Hoagie Steamed Carrots Diced Pears Low Fat or Fat Free Milk	1/12 Italian Dunkers Steamed Green Beans Cinnamon Apple Slices Low Fat or Fat Free Milk	1/13 Fish Sandwich on WG Bun Baked Beans Mandarin Oranges Low Fat or Fat Free Milk	
1/16 No School	1/17 Salisbury Steak w/ Gravy & Dinner Rolls Steamed Broccoli Applesauce Low Fat or Fat Free Milk	1/18 Cheeseburger on WG Bun Tater Tots Sliced Peaches Low Fat or Fat Free Milk	1/19 Chicken Broccoli Casserole Whole Grain Bread Slice Mixed Vegetables Tropical Fruit Low fat or Fat free Milk	1/20 Meatball Hoagie Honey Glazed Carrots Mixed Fruit Low fat or Fat free Milk	
1/23 Beef Tacos Steamed Corn Diced Pears Low fat or Fat free Milk	1/24 Orange Kissed Chicken Steamed Broccoli Sliced Peaches Low Fat or Fat Free Milk	1/25 Pork BBQ on WG Bun Baked Beans Applesauce Low Fat or Fat free Milk	1/26 Macaroni & Cheese Whole Grain Bread Slice Stewed Tomatoes Pineapple Tidbits Low Fat or Fat Free Milk	1/27 Breaded Pork Patty Whole Grain Bread Slice Steamed Green Beans Mandarin Oranges Low Fat or Fat free Milk	
1/30 Ham & Cheese on Pretzel Bun Steamed Green Beans Sliced Peaches Low Fat or Fat Free Milk	1/31 Chicken Fajita Black Beans Mandarin Oranges Low fat Milk or Fat free Milk				
					Lunch Prices: \$3.75