

Holy Family March 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	
			3/1 Juicy Hamburger on a Bun Succulent Sweet Potato Fries Blueberry Crisp 1% Milk	3/2 Pierogis with Fresh Sliced Bread Blended Mixed Vegetables Cinnamon Applesauce 1% Milk	
3/5 Turkey and Cheese on a Pretzel Roll Seasoned Green Beans Cool Mixed Fruit Cup 1% Milk	3/6 Pasta & Homemade meat Sauce with Fresh Bread Steamed Carrot Coins Diced Pears 1% Milk	3/7 Hot Turkey Sandwich with Gravy Sweet Peas Diced Peaches 1% Milk	3/8 Beef Nachos w/Cheddar Cheese & Bimbo Dinner Roll Flavorful Vegetarian Beans Cinnamon Apple Slices 1% Milk	3/9 Grilled Cheese Sandwich Baked French Fries Sliced Luscious Strawberries 1% Milk	
3/12 Chicken & Cheese Nachos with Fresh Bread Seasoned Green Beans Citrusy Mandarin Oranges 1% Milk	3/13 TNG Burger Flavorful Vegetarian Beans Chilled Applesauce 1% Milk	3/14 French Toast Sticks & Sausage Crisp Tater Tots Assorted Juice 1% Milk	3/15 Chicken Cheesesteak Sub Mixed Vegetables Cool Mixed fruit Cup 1% Milk	3/16 Crunchy Fish Sticks with Fresh Sliced Bread Steamed Carrot Coins Diced Pears 1% Milk	
3/19 Chicken Fajita Stir Fry Golden Corn Diced Peaches 1% Milk	3/20 Pasta & Homemade Meat Sauce with Fresh Bread Fresh Steamed Green Beans Diced Pears 1% Milk	3/21 Hot Ham & Cheese Sandwich Steamed Broccoli Cool Mixed Fruit Cup 1% Milk	3/22 Juicy Cheeseburger on a Bun Flavorful Vegetarian Beans Tropical Pineapple Tidbits 1% Milk	3/23 Creamy Macaroni & Cheese with Fresh Dinner Roll Stewed Tomatoes Diced Pears 1% Milk	
3/26 Grilled Ham & Cheese Sandwich Seasoned Green Beans Juicy Sliced Peaches 1% Milk	3/27 Chicken & Waffles Golden Corn Citrusy Mandarin Oranges 1% Milk	3/28 Meatball Hoagie Flavorful Vegetarian Beans Plump Juicy Blueberries 1% Milk	3/29 Holiday Break	3/30 Holiday Break	