



Holy Child Academy



January 2018

Lunch Menu



~Menu is subject to change, notice posted when available.~

DID YOU KNOW ?

All student lunches include

Organic Fat-free,

1% or Low Fat Milk

100% Juice and Fresh Fruit &

Fresh Vegetables

Boar's Head Sandwiches

Available Daily

Turkey, Low Sodium Ham, Genoa

Salami, Beef Bologna, American

Cheese, Roast Chicken, Italian

Hero, American Hero, Sun Butter &

Jelly, Sun Butter

Sandwiches Available

Twice-A-Week

Roast Beef, Corned Beef, Pastrami,

BBQ Chicken, Buffalo Chicken,

Tuna Salad, Chicken Salad, Egg

Salad, Seafood Salad

Sensible Alternatives Daily

Yogurt, Cereal, Assorted Fresh

Fruit, Assorted Fresh Vegetables

• Our meats, condiments and cheeses are all lean or low fat.

• We offer whole grain pastas, rice and bread products.

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day <u>No School</u>	2 <u>No School</u>	3 Beef Sliders Chips	4 Chicken Parm. Brown Rice	5 Baked Ziti
8 Hot Dogs Baked Beans	9 Chili & Rice	10 Tortellini Homemade Sauce	11 Lemon Chicken Potatoes	12 <u>Noon Dismissal</u> <u>No Lunch</u> <u>Served</u>
15 Martin Luther King, Jr. Day <u>No School</u>	16 Swedish Meatballs Noodles	17 BBQ Chicken Mashed Potatoes	18 Quesadillas Tortilla Chips	19 Mac 'n Cheese
22 Meatball Heroes French Fries	23 Tacos Tortilla Chips	24 Pasta Homemade Sauce	25 Grilled Cheese Chips	26 Pizza
29 Chicken Fingers Corn	30 Penne A la Vodka	1 Beef Sliders Chips	2 Chicken Parm. Rice	3 Baked Ziti

Salad Bar Includes:

- Assorted Cheeses
 - Assorted Cold Salads
 - Assorted Fruit
 - Carrots
 - Celery
 - Chick Peas
 - Cucumbers
 - Fresh Fruit
 - Green Peppers
 - Hard Boiled Eggs
 - Hummus
 - Kidney Beans
 - Olives
 - Raisins
 - Roasted Peppers
 - Romaine Lettuce
 - String Beans
 - Tomatoes
- ~and much more~

Products sourced by J.Kings contain Zero Trans Fats. • The majority of the food sourced by J. Kings does not contain HFCS, artificial sweeteners. We will continue to work on this initiative.



Why do I need to eat vegetables? One reason veggies are important is that they're naturally filled with good-for-you vitamins your body needs! Your body doesn't make vitamins – you have to give them to your body through the foods you eat.

This institution is an equal opportunity provider and employer.