



Holy Child Academy



# October 2017

## 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
2 Meatball Heroes French Fries	3 Tacos Tortilla Chips	4 Pasta Homemade Sauce	5 Grilled Cheese Chips	6 <b>Noon Dismissal</b> <b>No Lunch Served</b>
9 <b>Columbus Day</b> <b>No School</b>	10 Penne a la Vodka	11 Beef Sliders Chips	12 Chicken Parm Brown Rice	13 Baked Ziti
16 Hot Dogs Baked Beans	17 Brunch for Lunch	18 Tortellini Homemade Sauce	19 Lemon Chicken Potatoes	20 <b>Conference Day</b> <b>No School</b>
23 Chicken Fingers Corn	24 Swedish Meatballs Noodles	25 BBQ Chicken Mashed Potatoes	26 Quesadillas Tortilla Chips	27 Mac 'n Cheese
30 Meatball Heroes French Fries	31 Tacos Tortilla Chips			

### 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 ma-  
jority of the food  
sourced by J. Kings  
does not contain  
HFCS, artificial sweet-  
eners. We will con-  
tinue to work on this  
initiative.

**Fun Fact:** Scientifically speaking, pumpkins are a fruit (they contain seeds) but when it comes to cooking, they are often referred to as vegetables.

This institution is an equal opportunity provider and employer.