



Holy Child
Academy



September 2017

Lunch Menu

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



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.

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
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4 Labor Day	5	6	7 Chicken Fingers Corn	8 Pizza
11 Chicken Fingers Corn	12 Penne A La Vodka	13 Beef Sliders Chips	14 Chicken Parm Brown Rice	15 Baked Ziti
18 Hot Dogs Baked Beans	19 Meatloaf Mashed Potatoes	20 Tortellini Homemade Sauce	21 Lemon Chicken Potatoes	22 Pizza
25 Chicken Fingers Corn	26 Swedish Meatballs & Noodles	27 Grilled/BBQ Chicken Mashed Potatoes	28 Quesadillas Tortilla Chips	29 Mac 'n Cheese



Did you know . . . Pear trees can grow up to a whopping 60 feet tall and can be over 300 years old.

This institution is an equal opportunity provider and employer.