



Holy Child Academy



# November 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.



**Fun Fact:** The yellow and orange colors you see actually always exist in leaves but they are overpowered by the abundance of green from chlorophyll. The amount of chlorophyll starts to decrease as the sun weakens and the days grow shorter.

This institution is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pasta Homemade Sauce	2 Grilled Cheese Potato Chips	3 Pizza
6 Chicken Fingers Corn	7 Penne A La Vodka	8 Beef Sliders Chips	9 Chicken Parm. Rice	10 <b>Veteran's Day</b> <b>No School</b>
13 Hot Dogs Baked Beans	14 Chili and Rice	15 Tortellini Homemade Sauce	16 Lemon Chicken Potatoes	17 Pizza
20 Chicken Fingers Corn	21 <b>Thanksgiving</b> <b>Feast</b>	22 <b>Thanksgiving</b> <b>Break</b>	23	24
27 Meatball Heroes French Fries	28 Tacos Tortilla Chips	29 Pasta Home- made Sauce	30	1

#### 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.

