



Holy Child Academy



February 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 |
|-------------------------------|---|---|---|---|
| | | 31 Beef Sliders Chips | 1 Chicken Parm Brown Rice | 2 Baked Ziti |
| 5 Hot Dogs Baked Beans | 6 Brunch For Lunch | 7 Tortellini Homemade Sauce | 8 Lemon Chicken Potatoes | 9 Pizza |
| 12 Chicken Fingers Corn | 13 Swedish Meatballs & Noodles | 14 Cheese Quesadillas Tortilla Chips | 15 BBQ Chicken Mashed Potatoes | 16 <u>Professional Day</u> <u>No School</u> |
| 19 Winter Break | 20 | 21 | 22 | 23 |
| 26 Chicken Fingers Corn | 27 Penne A La Vodka | 28 Beef Sliders Chips | 1 Chicken Parm Rice | 2 Baked Ziti |

This institution is an equal opportunity provider and employer.

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 that . . .

Millions of heart-shaped boxes of chocolate are bought every year for Valentine's Day and over 1 billion Valentine's Day cards are sent worldwide every year!