



# April 2018

## Lunch Menu



### Holy Child Academy

~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 Easter Recess No School	3	4	5	6
9 Chicken Fingers Corn	10 Swedish Meatballs & Noodles	11 BBQ Chicken Mashed Potatoes	12 Quesadillas Tortilla Chips	13 Mac N'Cheese
16 Pasta Homemade Sauce	17 Tacos Tortilla Chips	18 Chicken Teriyaki	19 Grilled Cheese Potato Chips	20 Pizza
23 Chicken Fingers Corn	24 Penne A La Vodka	25 Beef Sliders Chips	26 Chicken Parm Rice	27 Baked Ziti
30 Hot Dogs Baked Beans	May 1 Brunch for Lunch	2 Tortellini Homemade Sauce	3 Lemon Chicken Potatoes	4 Pizza

#### 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.

**Avocados** are naturally FULL of nutrition, they are gluten free, dairy free and cholesterol-free. They're full of flavor; think of all of the meals you can healthy with avocado!

