



Holy Child Academy



March 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
		28 Beef Sliders Chips	1 Chicken Parm. Brown Rice	2 Baked Ziti
5 Hot Dogs Baked Beans	6 Chili and Rice	7 Tortellini Homemade Sauce	8 Lemon Chicken Potatoes	9 Pizza
12 Australia Dagwood Dog with Tomato Sauce, Hot Chips	13 Japan Chicken Teriyaki, Chehan (Fried Rice), Edemame Dumpling	14 Holland Stamppot with Rookwurst	15 Greece Gyros, Greek Salad, Spanokopita	16 Italy Eggplant Parmesan, Ravioli
19 Meatball Heroes French Fries	20 Tacos Tortilla Chips	21 Pasta Homemade Sauce	22 Grilled Cheese Chips	23 Pizza
26 Chicken Fingers Corn	27 Penne A La Vodka	28 Beef Sliders Chips	29 Holy Thursday School Closed	30 Good Friday School Closed

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.

It is recommended that you eat five servings of fruit or vegetables a day. A serving equals one-half cup.

This institution is an equal opportunity provider and employer.

