



Holy Child Academy



# December 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
			29 Grilled Cheese Potato Chips	30 Pizza
3 Chicken Fingers Corn	4 Penne a la Vodka	5 Beef Sliders Chips	6 Chicken Parm. Rice	7 Baked Ziti
10 Hot Dogs Baked Beans	12 Brunch For Lunch	13 Tortellini Homemade Sauce	14 Gyros	15 Pizza
17 Chicken Fingers Corn	18 Swedish Meatballs & Noodles	19 Noon Dismissal No Lunch Served	20	21
24	25	26	27	28

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.

**Christmas Fun Fact: Santa Claus is also known as St. Nicholas, Father Christmas, Grandfather Frost and Kris Kringle.**

This institution is an equal opportunity provider and employer.

