



Holy Child Academy



January 2019

Lunch Menu

~Menu is subject to change, notice posted when available.~



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

Monday	Tuesday	Wednesday	Thursday	Friday
31 Organic Fat-free, 1% or Low Fat Milk 100% Juice and Fresh Fruit & Fresh Vegetables	1 New Year's Day <u>No School</u>	2 <u>No School</u> Professional Day	3 Chicken Parm. Brown Rice, Broccoli	4 Baked Ziti
7 Hot Dogs Baked Beans	8 Chili, Salsa, Guacamole, Sour Cream	9 Cheese Tortellini Homemade Sauce	10 Lamb & Beef Gyros, Tzatziki Sauce, Greek Salad	11 Pizza
14 Chicken Fingers, Fries	15 Swedish Meatballs, Noodles	16 BBQ Chicken Mashed Potatoes, Hericot Vert	17 Quesadillas, Salsa, Guacamole, Sour Cream	18 <u>11:30 am</u> <u>Dismissal</u> <u>No Lunch Served</u>
21 Martin Luther King, Jr. Day <u>No School</u>	22 Tacos, Tortilla Chips	23 Chicken Teriyaki, Brown Rice, Broccoli	24 Grilled Cheese, Tomato Soup Chips	25 Pizza
28 Chicken Fingers, Fries	29 Quesadillas, Salsa, Guacamole, Sour Cream	30 Beef Sliders Chips	31 Chicken Parm. Brown Rice, Broccoli	1 Baked Ziti

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

Sensible Alternatives Daily

Yogurt, Cereal, Assorted Fresh
Fruit, Assorted Fresh Vegetables,
Hot Soup Available

- Our meats, condiments and cheeses are all lean or low fat.
- We offer whole grain pastas, rice and bread products.

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.



Why do I need to eat vegetables? One reason veggies are important is that they're naturally filled with good-for-you vitamins your body needs! Your body doesn't make vitamins – you have to give them to your body through the foods you eat.

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