



Holy Child Academy



October 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
1 Pasta & Homemade Sauce	2 Tacos Tortilla Chips	4 Chicken Teriyaki	4 Grilled Cheese Chips	5 11:30 am Dismissal No Lunch Served
8 Columbus Day No School	9 Penne a la Vodka	10 Beef Sliders Chips	11 Chicken Parm Brown Rice	12 Baked Ziti
15 Hot Dogs Baked Beans	16 Brunch for Lunch	17 Tortellini Homemade Sauce	18 Gyros	19 Conference Day No School
22 Chicken Fingers Corn	23 Swedish Meatballs Noodles	24 BBQ Chicken Mashed Potatoes	25 Quesadillas Tortilla Chips	26 Mac 'n Cheese
29 Meatball Heroes French Fries	30 Tacos Tortilla Chips	31 Pasta Homemade Sauce		

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.

Fun Fact: Scientifically speaking, pumpkins are a fruit (they contain seeds) but when it comes to cooking, they are often referred to as vegetables.

This institution is an equal opportunity provider and employer.