



Holy Child Academy



November 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 Grilled Cheese Potato Chips	2 Pizza
5 Chicken Fingers Corn	6 Penne A La Vodka	7 Beef Sliders Chips	8 Chicken Parm. Rice	9 11:30 Dismissal No Lunch Served
12 Veteran's Day No School	13 Chili and Rice	14 Tortellini Homemade Sauce	15 Gyros	16 Pizza
19 Chicken Fingers Corn	20 Thanksgiving Feast	21 Thanksgiving Break	22	23
26 Pasta & Sauce	27 Tacos Tortilla Chips	28 Chicken Teriyaki	29 Grilled Cheese Potato Chips	30 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.



Fun Fact: The yellow and orange colors you see actually always exist in leaves but they are overpowered by the abundance of green from chlorophyll. The amount of chlorophyll starts to decrease as the sun weakens and the days grow shorter.



This institution is an equal opportunity provider and employer.