



Holy Child Academy



September 2018

Lunch Menu

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

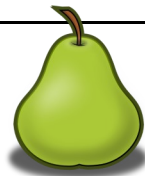


Salad Bar Includes

- 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
- ~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.

Monday	Tuesday	Wednesday	Thursday	Friday
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3 Labor Day	4	5	6 Chicken Fingers Corn	7 Pizza
10 Chicken Fingers Corn	11 Penne A La Vodka	12 Beef Sliders Chips	13 Chicken Parm Brown Rice	14 Baked Ziti
17 Hot Dogs Baked Beans	18 Meatloaf Mashed Potatoes	19 Tortellini Homemade Sauce	20 Lemon Chicken Potatoes	21 Pizza
24 Chicken Fingers Corn	25 Swedish Meatballs & Noodles	26 Grilled/BBQ Chicken Mashed Potatoes	27 Quesadillas Tortilla Chips	28 Mac 'n Cheese



Did you know . . . Pear trees can grow up to a whopping 60 feet tall and can be over 300 years old.

This institution is an equal opportunity provider and employer.

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.