

# Holy Family School

January 2016 

Name \_\_\_\_\_ Room \_\_\_\_\_

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|--|---|---|---|--|
| <b>4</b><br>Classic Mac and Cheese<br>Broccoli Florets<br>with Dip<br>Fresh Fruit<br>Mini Ice Cream Sandwich<br>Milk | <b>5</b> Italian Hoagie with Lettuce, Tomato, Onion, & Sweet Peppers<br>Edamame Salad<br>Cucumber Slices<br>Pears<br>Milk | <b>6</b><br>Cheesy Baked Ziti<br>Garlic Parm. Breadstick<br>Spinach Salad<br>Peaches<br>Milk                                      | <b>7</b><br>Popcorn Chicken<br>with Mini Soft Pretzel<br>Seasoned Curly Fries<br>Carrot Sticks<br>Apple Slices<br>Milk            | <b>8 "NATIONAL APRICOT DAY"</b><br>Ciabatta's Pizza<br>Pepper Strips<br>Celery<br>Apricots<br>Milk |
| <b>11</b><br>French Toast Sticks w/Syrup<br>4 oz. Yogurt<br>Tater Tots<br>Carrots<br>Peaches<br>Milk                 | <b>12</b><br>Hamburger/Cheese on WW Bun<br>Lettuce/Tomato<br>Baked Beans<br>Celery Sticks<br>Fresh Fruit<br>Milk          | <b>13</b><br>Spaghetti with Meatballs<br>Caesar Salad<br>Cucumber Slices<br>Fruit Salad<br>Milk                                   | <b>14</b><br>Chicken Cheese Steak Sandwich<br>Carrot Sticks<br>Hummus<br>Apple Slices<br>Milk                                     | <b>15</b><br>Seasons Pizza<br>Garden Veggie Salad<br>Fresh Fruit<br>Milk                           |
| <b>18 NO SCHOOL</b><br><b>Martin Luther King Day</b>   | <b>19</b><br>Cheese or Beef Nachos, Salsa, Lettuce and Tomato<br>Black Bean Salad<br>Santé Fe Corn<br>Fresh Fruit<br>Milk | <b>20</b><br>Meatball Parmesan Sub<br>Curly Fries<br>Green Beans<br>Orange Slices<br>Milk   | <b>21</b><br>Baked Mozzarella Sticks<br>Marinara Dipping Sauce<br>Carrot and Celery Sticks<br>Whole Fruit<br>Milk                 | <b>22</b><br>Ciabatta's Pizza<br>Sweet Broccoli Salad<br>Fruit<br>Milk                             |
| <b>25</b><br>Chicken Tenders<br>Caesar Salad<br>Maple Carrots<br>Apple Slices<br>Milk                                | <b>26</b><br>Soft Shell Tacos<br>Cheese, Lettuce, Tomato, Salsa<br>Santé Fe Corn<br>Orange Slices<br>Milk                 | <b>27</b><br>Chicken Sandwich<br>with Lettuce & Tomato<br>Maple Baked Beans<br>Pineapple Cole Slaw<br>Cinnamon Applesauce<br>Milk | <b>28 "NATIONAL BLUEBERRY PANCAKE DAY"</b><br>Blueberry Pancakes<br>Sausage<br>Hash Brown Potatoes<br>Fruit<br>100% Juice<br>Milk | <b>29</b><br>Seasons Pizza<br>Carrot Sticks & Cauliflower<br>Fresh Fruit<br>Milk                   |

Choice of fat free chocolate, fat free white and 1% white milk available daily.

Date Due:

# of days \_\_\_\_\_ x \$3.75 = \_\_\_\_\_

# of days \_\_\_\_\_ x \$1.00 = \_\_\_\_\_

Total Enclosed = \_\_\_\_\_

**"USDA is an equal opportunity provider and employer"**

Menu Subject to Change

## Alternative Meals

- The Hot Alternative (Hamburger or Hot Dog) replaces the main entrée of the regular meal, the sides stay the same.
- Wheat Bagel w/Cream Cheese & 2 oz. Cheese Stick Meal
- Cheese Sandwich Meal
- Ham/Cheese, Tuna or Chicken Salad Sandwich Meal
- Cereal, 1 oz. Cheese Stick, 4 oz. Yogurt & Goldfish Meal

**Each Alternative lunch includes fruit and vegetable of the day and milk.**

Daily Fruit Offerings could include: Oranges, Apples, Bagged Apple Slices, Bananas, Grapes, Sliced Peaches, Sliced Pears, Diced Pineapple, Applesauce, Mixed Fruit Cocktail and 100% Juice