

Holy Name of Jesus

August & September 2025 Lunch Menu

What Makes a Meal?

Choose 3, 4 or 5 food items from these 5 components:

Meat or Meat Alternate
Vegetable
Fruit
Grain/Bread
Milk

Lunch must include at least one fruit or vegetable



Vegetable Features

A daily variety of vegetables will be offered to students to include the 5 vegetable subgroups:

- * **Dark Green**
- * **Red/Orange**
- * **Legumes**
- * **Starchy**
- * **Other**

Fruit Features

A daily variety of fruits will be offered to students:

- * **Fresh Fruits**
- * **Canned Fruits in light syrup**
- * **100% Fruit Juice (offered twice/week)**



Daily Milk Choices:

Fat Free Flavored
Fat Free White Milk
1 % White Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/25 Chicken Nuggets Bread Slice Steamed Carrots Fresh Vegetable Diced Peaches	8/26 French Toast Sticks Sausage Patties Tater Tots Fresh Vegetable Applesauce	8/27 Breaded Chicken Sandwich Steamed Mixed Veggies Fresh Vegetable 100% Fruit Juice	8/28 Cheeseburger Steamed Broccoli Fresh Vegetable Banana	8/29 No School
9/1 No School	9/2 Grilled Cheese Sandwich Steamed Corn Fresh Vegetable 100% Fruit Juice	9/3 Spaghetti & Meatballs Garlic Toast Steamed Green Beans Fresh Vegetable Apple Slices	9/4 Hot Dog Baked Beans Fresh Vegetable Mixed Fruit	9/5 Breaded Fish Sandwich Steamed Broccoli Fresh Vegetable Diced Pears
9/8 Cheeseburger Fries Fresh Vegetable Diced Peaches	9/9 French Toast Sticks Sausage Patties Tater Tots Fresh Vegetable Applesauce	9/10 Macaroni & Cheese Dinner Roll Steamed Carrots Fresh Vegetable 100% Fruit Juice	9/11 Popcorn Chicken Bread Slice Steamed Corn Fresh Vegetable Banana	9/12 Cheese Pizza Baked Beans Fresh Vegetable Mixed Fruit
9/15 Salisbury Steak w/Bread Mashed Potatoes Fresh Vegetable Pineapple Tidbits	9/16 Cheese Stromboli Steamed Broccoli Fresh Vegetable Applesauce	9/17 No School	9/18 Waffles & Sausage Patties Tater Tots Fresh Vegetable Mixed Fruit	9/19 Cheese Pizza Steamed Carrots Fresh Vegetable Diced Pears
9/22 Chicken Nuggets Bread Slice Steamed Mixed Veggies Fresh Vegetable Pineapple Tidbits	9/23 Chicken & Cheese Quesadilla Fries Fresh Vegetable Applesauce	9/24 Beefy Macaroni w/Bread Steamed Green Beans Fresh Vegetable 100% Fruit Juice	9/25 Walking Taco w/Bread Baked Vegetarian Beans Fresh Vegetable Banana	9/26 Breaded Fish Sandwich Steamed Broccoli Fresh Vegetable Mixed Fruit