

Holy Name of Jesus

October 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
9/29 Chicken Nuggets Bread Slice Steamed Mixed Veggies Fresh Vegetable Pineapple Tidbits	9/30 French Toast Sticks Sausage Patties Tater Tots Fresh Vegetable 100% Fruit Juice	10/1 Breaded Chicken Sandwich Steamed Corn Fresh Vegetable Apple Slices	10/2 Corn Dog Nuggets Steamed Carrots Fresh Vegetable Mixed Fruit	10/3 Cheese Pizza Steamed Cauliflower Fresh Vegetable Diced Pears
10/6 Bosco Cheese Sticks w/Marinara Sauce Fries Fresh Vegetable Diced Peaches	10/7 Chicken Cheesesteak Sub Steamed Green Beans Fresh Vegetable Applesauce	10/8 Cheeseburger BBQ Baked Beans Fresh Vegetable 100% Fruit Juice	10/9 Walking Taco Bread Slice Steamed Broccoli Fresh Vegetable Banana	10/10 Pierogies Dinner Roll Steamed Carrots Fresh Vegetable Mixed Fruit
10/13 No School	10/14 BBQ Chicken Dunkers Steamed Mixed Veggies Fresh Vegetable 100% Fruit Juice	10/15 Pasta & Meat Sauce Garlic Toast Baked Vegetarian Beans Fresh Vegetable Apple Slices	10/16 Breaded Chicken Parmesan Sandwich Steamed Corn Fresh Vegetable Mixed Fruit	10/17 Cheese Pizza Steamed Green Beans Fresh Vegetable Diced Pears
10/20 Chicken Nuggets Bread Slice Steamed Green Beans Fresh Vegetable Diced Peaches	10/21 Meatball Sub Steamed Broccoli Fresh Vegetable Applesauce	10/22 Breaded Chicken Sandwich Steamed Carrots Fresh Vegetable 100% Fruit Juice	10/23 Early Dismissal No Lunch	10/24 Grilled Cheese Sandwich Tater Tots Fresh Vegetable Mixed Fruit
10/27 Beef & Cheese Soft Tacos Steamed Mixed Veggies Fresh Vegetable Pineapple Tidbits	10/28 French Toast Sticks Sausage Patties Tater Tots Fresh Vegetable 100% Fruit Juice	10/29 Spaghetti & Meatballs Garlic Toast Steamed Green Beans Fresh Vegetable Apple Slices	10/30 Hot Dog BBQ Baked Beans Fresh Vegetable Mixed Fruit	10/31 Cheese Pizza Steamed Carrots Fresh Vegetable Mandarin Oranges