

JANUARY 2019

HOLY FAMILY SCHOOL LUNCH MENU



STUDENTS MUST HAVE AT LEAST 3 MENU ITEMS ON THEIR TRAY TO COUNT AS A LUNCH (ONE ITEM MUST BE EITHER A FRUIT OR A VEGETABLE). FRESH FRUIT CHOICES ARE AVAILABLE EVERYDAY, AS WELL AS THE FOLLOWING MILK OPTIONS:
SKIM WHITE, 1% WHITE OR FAT FREE CHOCOLATE.
 The 5 Food Components: Meat/Meat Alternate, Grain, Fruit, Vegetable & Milk!

MONDAY	TUESDAY	WEDNESDAY	FRIDAY
DAILY SANDWICH CHOICE: *PEANUT BUTTER & JELLY Ham, Turkey OR Cheese OR Yogurt Meal <small>(yogurt, cheese stix, graham crackers, fruit & milk)</small>	1 	2 HOLIDAY RECESS	3
7 Crispy Chicken Smackers Smashed Potatoes w/gravy Steamed Carrot Coins Mixed Berry Cup	8 Mozzarella Cheese Sticks Italian Meatballs w/marinara sauce Steamed Green Beans Garlic Breadstick Diced Chilled Pears	9 "Pillsbury" Pancakes "Trix" Yogurt Crispy Tater Tots Chilled Applesauce	10 Crispy Chicken Nuggets "Stouffer's" Mac & Cheese "Bush's" Baked Beans Chilled Diced Pears
14 Crispy Chicken Tenders Smashed Potatoes w/gravy Steamed Carrot Coins Mixed Berry Cup	15 Seasoned Taco w/Chips & Cheese Steamed Sweet Corn Zesty Mexican Salsa Chilled Mandarin Oranges	16 French Toast Sticks Turkey Sausage Patty Crispy Tater Tots Chilled Applesauce	17 Chicken Patty Filet on a bun Crispy Crinkle Fries "Bush's" Baked Beans Fresh NYS Apple
21 CELEBRATE MARTIN LUTHER KING, JR NO SCHOOL!	22 Toasted Cheese Pretzelwich "Campbell's" Chicken Noodle Soup Steamed Green Beans Fresh Orange Slices	23 Crispy Chicken Tenders Smashed Potatoes w/gravy Steamed Carrot Coins Chilled Diced Pears	24 Bacon Burger on a Bun with OR without cheese Crispy Crinkle Fries "Bush's" Baked Beans Mixed Berry Cup
28 FACULTY RETREAT NO SCHOOL!	29 Crispy Chicken Smackers Mrs. T's Pierogies Steamed Carrot Coins Chilled Diced Pears	30 Waffles w/maple syrup Bacon Slices Hash Brown Potato Chilled Applesauce	31 Crispy Chicken Nuggets "Stouffer's" Mac & Cheese "Bush's" Baked Beans Chilled Diced Pears
			11 "Homemade" Pizza Cheese OR Garlic Fresh Steamed Broccoli Chilled Diced Peaches
			18 "Nardone's" French Bread Pizza Fresh Steamed Broccoli Chilled Diced Peaches
			25 Pizza Slice Cheese OR Pepperoni Fresh Romaine Salad w/tomatoes Chilled Diced Peaches
			Milk \$.65 Ice Cream \$.75 Specialty Ice Cream \$1.25

**WE USE AS MUCH
LOCAL FRUITS & VEGETABLES
AS POSSIBLE!**

PRICE OF DAILY LUNCH IS \$2.60 MONTHLY PRICE IS \$44.20
 MAKE CHECKS PAYABLE TO WEST GENESEE FOOD SERVICE.



WE NOW SERVE "WHOLE GRAIN WHITE" BREAD PRODUCTS!



****MENU SUBJECT TO CHANGE WITHOUT NOTICE**

**Nutritional facts are available upon request through the Food Service Office OR your child's school nurse.