




Holy Trinity School



Food Zone

August Menu 2018

August Menu 2018				
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
WELCOME	BACK	STUDENTS	&	STAFF!!
13	14	15	16	17
20	21	22	23	24
**Breadsticks/"FRY" days to start in September – be on the lookout for the start date!! 				
27	28	29	30	31
Waffles w/sausage links Or Chicken Nuggets Carrots Choice of Fruit Choice of Milk	Corn Dog Or Hamburger Broccoli Choice of Fruit Choice of Milk	Macaroni & Cheese or Popcorn Chicken Corn Choice of Fruit Choice of Milk	Meatballs w/Breadsticks Or Hot Dog on Bun Green Beans Choice of Fruit Choice of Milk	Cheese Pizza Or Chicken Patty Tossed Salad Choice of Fruit Choice of Milk

**Menu subject to change. Minimum of ½ cup serving of fruit or a minimum of a ½ cup vegetable MUST accompany a healthy lunch!

Weekly Vegetable Subgroups May Include: Dark green (spinach, broccoli, romaine, spring salad) red/orange (carrots, sweet potatoes, tomatoes, red peppers, beans/peas (Legumes) and starchy (white potatoes, corn, peas, lima beans) Other vegetables will include celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage, green peppers.

Daily Fruit Selections May Include: Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon Applesauce, Pineapples, and Mandarin Oranges.