



Holy Trinity School



# Food Zone

January Menu 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<b>No School</b> Christmas Holiday	<b>No School</b> Christmas Holiday	BBQ Rib Sandwich Or Hot Dog on Bun Peas Choice of Fruit Choice of Milk	Thin Crust Cheese Pizza Or Chicken Patty Romaine Salad Choice of Fruit Choice of Milk
7	8	9	10	11
Pancakes w/ Bacon Or Chicken Nuggets Tater Tots Choice of Fruit Choice of Milk	Chicken -n- Gravy w/Biscuit or Hamburger Carrots Choice of Fruit Choice of Milk	Turkey Club Sandwich Or Chicken Fries Corn Choice of Fruit Choice of Milk	Pasta & Meatballs Or Hot Dog on Bun Green Beans Choice of Fruit Choice of Milk	Pepperoni Pizza Or Chicken Patty Romaine Salad Choice of Fruit Choice of Milk
14	15	16	17	18
French Toast Sticks w/ Ham Or Chicken Nuggets Sweet Potatoes Choice of Fruit Choice of Milk	Bosco Cheese Sticks Or Hamburger Broccoli Choice of Fruit Choice of Milk	Pierogies Or Buffalo Popcorn Chicken Celery Sticks Choice of Fruit Choice of Milk	Walking Tacos Or Hot Dog on Bun Black Beans Choice of Fruit Choice of Milk	<b>No School</b>
21	22	23	24	25
<b>No School</b> Martin Luther King Jr. Day	Corn Dog Or Hamburger Peas Choice of Fruit Choice of Milk	Beef Ravioli Or Popcorn Chicken Corn Choice of Fruit Choice of Milk	Gyro w/Tzatziki Sauce Or Hot Dog on Bun Fresh Cucumbers Choice of Fruit Choice of Milk	<b>LUCKY TRAY DAY</b> Cheese Pizza Or Chicken Patty Romaine Salad Choice of Fruit Choice of Milk
28	29	30	31	
<b>CATHOLIC SCHOOLS WEEK</b> Waffles w/ Sausage Links Or Chicken Nuggets Hashbrowns Choice of Fruit Choice of Milk	<b>CATHOLIC SCHOOLS WEEK</b> <b>BUDDY LUNCH DAY</b> Ham w/ Au Gratin Potatoes Dinner Roll Green Beans Choice of Fruit Choice of Milk	<b>CATHOLIC SCHOOLS WEEK</b> Bacon Cheeseburger Or Chicken Fries Carrots Choice of Fruit Choice of Milk	<b>CATHOLIC SCHOOLS WEEK</b> Nachos Grande w/ Taco Meat & Cheese Or Hot Dog on Bun Broccoli Choice of Fruit Choice of Milk	

\*\*Menu subject to change.

**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.