

Free/Reduced meal applications are available throughout the year.

Holy Family School



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December 2017- LUNCH MENU







MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Please take some time to evaluate our wellness policy and procedures, and our meal charging procedures and provide feedback.
 The wellness policy/procedure web address is: http://www.csdk12.org/departments/food_services/wellness_policy
 Feedback can be provided at this web address:
http://www.csdk12.org/departments/food_services
 Thank you, we appreciate your time!

<p>Teriyaki Chicken Brown Rice Seasoned Corn Tossed Green Salad Apple Slices Milk Choices</p> 	<p>Chicken Burger Lettuce/Tomato Baked Fries Fruit Milk Choices</p>	<p>Cheesy Garlic Toast Tomato Soup Green Beans Banana Milk Choices</p> 	<p>Italian Meatball Sub Mozzarella Cheese Steamed Broccoli Chilled Pears Milk Choices</p>	<p>Homemade Bean Chili Shredded Cheese Tossed Green Salad Applesauce Cinnamon Roll Milk Choices</p>
<p>Pizza Veggie Tray Pineapple Tidbits Brownie Milk Choices</p> 	<p>Hot Dog on a Bun Baked Beans Broccoli Florets w/Dip Apricots Milk Choices</p> 	<p>Spaghetti w/Meat Sauce Green Beans Chilled Peaches Fresh Baked Breadstick Milk Choices</p>	<p>Teriyaki Beef Dippers Baked Potato Seasoned Carrots Fruit Cup Fresh Baked Roll Milk Choices</p> 	<p>BBQ Rib Patty Sandwich Tossed Green Salad Parmesan Roasted Cauliflower Spiced Apples Milk Choices</p>
<p>Chicken and Noodles Veggie Tray Sliced Apples Honey Corn Biscuit Milk Choices</p>	<p>Cheeseburger Baked Beans Tossed Salad Mixed Fruit Salad Milk Choices</p>	<p>HOLY FAMILY SCHOOL NO LUNCH Early release 11:40</p>	<p>Start Winter Break!!</p>	<p>Winter Break</p> 

For a great article on processed foods "What's okay and What to Avoid", here is the link:
<http://www.eatright.org/resource/food/nutrition/nutrition-facts-and-food-labels/avoiding-processed-foods>



HAVE A FANTASTIC WINTER BREAK!!

NO SCHOOL - DECEMBER 21- JANUARY 2, WINTER BREAK

**All grain products are whole grain rich.



Milk Choices May Include:
 1% White, Non-Fat Chocolate,
 and Non-Fat Strawberry

CELEBRATE BREAKFAST!!! EAT BREAKFAST AT SCHOOL FOR A VARIETY OF CHOICES.