

# January 2018

# LUNCH



## Holy Spirit Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 	2 <b>Cheeseburger</b> Green beans Choice of fruit Milk	3 <b>Taco</b> Lettuce/cheese/salsa Choice of fruit Milk	4 <b>Ametis Pizza</b> Black bean salad Choice of fruit Milk
8 <b>Cheeseburger</b> French fries Choice of fruit Milk	9 <b>French Toast</b> <b>Sausage</b> Carrots Choice of fruit Milk	10 <b>Pasta with Meat Sauce</b> Peas Choice of fruit Milk	11 <b>Fish Sticks</b> Corn Choice of fruit Milk	12 <b>Ametis Pizza</b> Green beans Choice of fruit Milk
15  <b>No School</b>	16 <b>Cheeseburger</b> Baked beans Choice of fruit Milk	17 <b>Mac &amp; Cheese</b> Peas Choice of fruit Milk	18 <b>Chicken Noodle Soup</b> Grilled cheese Carrots Choice of fruit Milk	19 <b>Ametis Pizza</b> Chick peas Choice of fruit Milk
22 <b>Cheeseburger</b> Green beans Choice of fruit Milk	23 <b>Garlic Chicken Pasta</b> Peas Choice of fruit Milk	24 <b>Hot Dog</b> Baked beans Choice of fruit Milk	25 <b>BBQ Chicken strips on a Bun</b> Carrots Choice of fruit Milk	26 <b>Ametis Pizza</b> Bean salad Choice of fruit Milk
29 <b>Cheeseburger</b> Corn Choice of fruit Milk	30 <b>Pasta with Meat Sauce</b> Carrots Choice of fruit Milk	31 <b>Pulled Pork on a Bun</b> Sweet potatoes Choice of fruit Milk		
<b>Menu Subject to Change</b> Choice of 1% White or FF Chocolate Milk Fruit from the season	<b>Snack Bar</b> 1% or Fat Free Milk - \$.50 Fresh Backed Cookies - \$.50 Assorted Chips - \$.50 Ice Cream - \$1.00 <b>NOTE:</b> Pizza - \$1.50 Xtra Slice	<b>Chef's Specialty Wraps/sandwiches</b> Monday-Ham and Cheese Tuesday-Egg Salad Wednesday-Chicken Salad Thursday-Turkey and Cheese Friday-PB&J Sandwich	<b>Available Daily</b> <b>Yogurt Bag</b> Sliced bagel with cheese, carrot sticks, yogurt, fruit, & milk <b>PB&amp;J Bag</b> Whole wheat bread, carrot sticks, fruit & milk <b>Cereal Bag</b> Cereal, cheese, yogurt, carrot sticks, fruit & milk	