

HTC Elementary Campuses Menu October 2021

Monday

Tuesday

Wednesday

Thursday

Friday

Student Lunches Free!!!! Adult Lunches \$4.25 Student extra entrée's \$1.50 Extra milk \$.75 Small waters \$.75 Ice cream \$.75 PLEASE NOTE Due to food shortages, the usual Monday entrée offered as an alternate during the week has been <i>ELIMINATED</i>. Entrée kits are available daily. NEW CEREAL & EGG KIT! Sorry for any inconvenience.				
4 Mashed potato bowl with a breadstick <small>"made with 5 chicken nuggets"</small> 1/2 c Mashed potatoes gravy 1/4 c cooked corn 1/2 c Assorted fruit 8 oz Assorted milk	5 2 Pancakes w/choice of up to 2 proteins Baby carrots 2.6 oz. bag Hash brown 1 1/2 c Assorted fruit 8 oz Assorted milk	6 Pasta Bar w/wo cheese "rotini" meatsauce-no sauce- ragu sauce 1/2 c cooked broccoli 1/2 c Assorted fruit 8 oz Assorted milk	7 Hot dog on a bun 1/2 c baked beans 1/2 c cooked green beans 1/2 c Assorted fruit 8 oz Assorted milk	8 Toasted Cheese sandwich baked gold fish 1 c tomato soup 1/4 c celery sticks(3) 1/2 c Assorted fruit 8 oz Assorted milk
11 6" Meatball sub w/wo cheese 1/2 baked beans 4 smiley fries 1/2 c lettuce 1/2 c Assorted fruit 8 oz Assorted milk	12 Chicken Fajita with or without cheese 1/4 c cooked corn 1/2 c shredded lettuce 1/4 c onion/pepper mix 1/2 c Assorted fruit 8 oz Assorted milk	13 Cheese or pepperoni pizza 1/4 c fresh broccoli florets 2.6 oz baby carrots 1/4 c cucumber slices 1/2 c Assorted fruit 8 oz Assorted milk	14 French toast w/choice of up to 2 proteins Baby carrots 2.6 oz. bag Hash brown 1 1/2 c Assorted fruit 8 oz Assorted milk	15 2 Cheese Stuffed Bread Sticks w pizza sauce or marinara 1/4 c fresh broccoli florets Baby carrots 2.6 oz. bag 1/4 c cucumber slices(3) 1/2 c Assorted fruit 8 oz Assorted milk
18 2 Waffles w/choice of up to 2 proteins Baby carrots 2.6 oz. bag Hash brown 1 1/2 c Assorted fruit 8 oz Assorted milk	19 Hamburger/cheeseburger on a bun 1/2 c baked beans 1/2 c broccoli 1/2 c Assorted fruit 8 oz Assorted milk	20 "2 Toasted chicken cups" grilled chicken strips with gravy in a toasted bread cup 1/2 c Mashed potatoes 1/4 c corn 1/2 c Assorted fruit 8 oz Assorted milk	21 Chicken Patty on a bun 1/2 cooked green beans 1/4 c cooked carrots 1/2 c Assorted fruit 8 oz Assorted milk	22 Cheese or pepperoni pizza 2.6 oz baby carrots 1/4 c cucumber slices 1/2 c Assorted fruit 8 oz Assorted milk
25 5 Chicken Nuggets 1/2 cooked rice 1/4 c Cooked Carrots 1/2 c Cooked Green Beans 1/2 c Assorted Fruit 8 oz Assorted milk	26 2 Cheese Stuffed Bread Sticks w pizza sauce or marinara 2.6 oz baby carrots 1/4 c cucumber slices(3) 1/2 c Assorted fruit 8 oz Assorted milk	27 2 Pancakes w/choice of up to 2 proteins Baby carrots 2.6 oz. bag Hash brown 1 1/2 c Assorted fruit 8 oz Assorted milk	28 Walking Tacos tortilla chips taco meat w/o cheese 1 c shredded lettuce 1/4 c grape tomatoes 1/2 c Assorted fruit 8 oz Assorted milk	29 No School

Student Lunches Free! Adult lunches \$4.25

Ala Carte items

Extra main entrée's that are ordered in the morning may be charged to the student's lunch account if money is available in their lunch accounts.

Lunch statements are emailed at the end of the month.

The sender is noreply@myschoolaccountnotifications.com

Please check your spam or junk folder.

Negative statements will be emailed accordingly.

PLEASE NOTE YOUR CHILD WILL BE DENIED EXTRAS IF THERE IS NO CREDIT ON HIS LUNCH ACCOUNT.

Money may be sent to school by check, or online at www.myschoolaccount.com. Please refer to the handbook for more information.

Canned fruit in juice or extra light syrup

Please be advised
Lunches may have to be changed due to shortages of products without notice.

Assorted Fruit includes: 1/2 c portions
canned pineapple, canned or frozen peaches, canned pears, canned mandarin oranges, canned applesauce

Additional available fruit may be offered
raisins, frozen strawberries, watermelon, oranges, orange juice, grape juice, bananas, apples, grapes, pears
Check lunchroom board for availability.

** When breakfast is served for lunch the students may choose up to 2 different proteins.

They may choose a 1 oz sausage patty, hardboiled egg, 1 oz cheese stick or a 1/2 c yogurt.

The entrée's are in **bold** and *italicized* in monthly menu
An entrée kit can be substituted for the daily entrée and are listed below.
Daily vegetables and fruit are served with chosen entrée

<p>Parfait Kit</p> <p>8 oz. of vanilla yogurt with or without 1/2 c fruit 1/4 c Granola .75oz baked gold fish</p>	<p>Uncrustable Kit</p> <p>2.6 oz. PB & J Uncrustable choice of 4 oz. yogurt or a 1 oz. cheese stick .75oz baked gold fish</p>	<p>Cheese & Yogurt Kit</p> <p>4 oz. yogurt 1 oz. cheese stick 1.45 oz. of tortilla chips 3/8 cup of salsa</p>	<p>Egg & Cereal Kit</p> <p>1 large hardboiled egg Pre-package cereal bowl .75oz baked gold fish</p>
--	--	--	--

Cereals to choose from
Fruity cheerios, original cheerios, and coca puffs

Each kit provides 2 oz. eq protein & 2 grain eq which is equal to 2 items for a reimbursable lunch.

1/2 or all grains will be whole grains.
1/2 of grains may be enriched.

Kits are served with the vegetable and fruit of the day and milk

Students must take **3** of the **5** items offered every day.

AND

(Meat/Meat alternate + grain = entrée most of the time)

One of those items **must** be 1/2 cup of fruit or vegetables.

We offer 1/2 cup servings of assorted fruit and at least 3/4 cup of vegetables in many varieties and portion sizes everyday.

Assorted Milk may include: half pint of
Fat free white, 1% white, 1% chocolate, 1% strawberry, 1% vanilla

Any questions about the menu, please email Chris Watt @ Watt.Christine@holytrinitycatholic.school.

Items may be substituted without notice due to unforeseen circumstances.

Condiments packets only may include
ketchup, ranch, Italian, hot sauce, salsa,
yellow mustard, BBQ sauce, maple syrup