HTC Elementary School Menu February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 ***2 Cheese filled breadsticks w pizza or marinara sauce*** 2.6 oz baby carrots 1/4 c cucumber slices 1/2 c Assorted fruit 8 oz Assorted milk	**2** ***Pasta Bar w/wo cheese meatsauce - no sauce - regular sauce*** 1 c Rotini pasta 3/4 c cooked broccoli 1/2 c Assorted fruit 8 oz Assorted milk	**3** ***French Toast sticks*** choice yogurt or sausage 2.6 oz baby carrots 1 hash brown round ketchup 1/2 c Assorted fruit 8 oz Assorted milk syrup
6 ***Chicken Nuggets*** with a t-roll 1/2 c green beans 1/2 c cooked carrots 1/2 c Assorted fruit 8 oz Assorted milk ranch- bbq - ketchup	**7** ***4 Fish sticks with t-roll*** 4 smiley fries 1/2 c cooked green beans 1/2 c Assorted fruit 8 oz Assorted milk tarter - ketchup	**8** ***Hot Dog on a Bun*** 2.6 oz baby carrots ranch 1/2 baked beans 1/2 c Assorted fruit 8 oz Assorted milk Ketchup - mustard	**9** ***Cheese Pizza*** 2.6 oz baby carrots 1/4 c cucumber slices 1/2 c Assorted fruit ranch 8 oz Assorted milk	**10** ***Salisbury Steak with t-roll*** 1/2 c mashed potatoes gravy 1/2 c cooked broccoli 1/2 c Assorted fruit 8 oz Assorted milk
13 ***Chicken Patty on a bun*** 1/2 c mixed vegetables 1/2 c cooked broccoli 1/2 c Assorted fruit 8 oz Assorted milk ranch- bbq - ketchup	**14** ***Mini flavored Pancakes Maple or Chocolate chip*** cheese stick or yogurt 1 hash brown round ketchup 2.6 oz baby carrots 1/2 c assorted fruit 8 oz Assorted milk	**15** ***Hamburger/Cheeseburger*** 1/2 c baked beans 1/4 c cooked corn 1/2 c Assorted fruit 8 oz Assorted milk ranch or Italian	**16** ***Cheese filled bread sticks*** 2.6 oz fresh baby carrots 1/4 c celery sticks 1/2 c Assorted fruit 8 oz Assorted milk ranch	**17** **No School**
20 **No School**	**21** ***Walking Tacos " taco meat -nacho chips"*** 1 c shredded lettuce 1/4 c cherry tomatoes salsa 1/2 c Assorted fruit 8 oz Assorted milk ranch or Italian	**22** ***Cheese filled breadsticks*** 1 c salad 1/4 c (3) cucumber slices(1.25oz) 1/2 c Assorted fruit 8 oz Assorted milk ranch or Italian Ash Wednesday	**23** ***5 Chicken Nuggets with a t-roll*** 1/2 c cooked green beans 1/4 c cooked carrots 1/2 c Assorted fruit 8 oz Assorted milk	**24** ***Fish sticks*** 4 Smiley fries 1/4 c green beans 1/2 c Assorted fruit 8 oz Assorted milk ***No meat***
27 ***Chicken tenders with garlic stick*** 1/2 c baked beans 1/4 c Sweet potato waffle fries 1/2 c Assorted fruit 8 oz Assorted milk	**28** ***Pasta Bar w/wo cheese meatsauce no sauce regular sauce*** 1 c rotini 3/4 c cooked broccoli 1/2 c Assorted fruit 8 oz Assorted milk	**1** ***Mini Corn dogs*** 1/2 cooked green beans 1/4 cooked carrots 1/2 c Assorted fruit 8 oz Assorted milk	**2** ***French Toast sticks egg or yogurt*** 1/4 c cucumber slices 1 hash brown rounds 1/2 c Assorted fruit 8 oz Assorted milk	**3** ***Toasted Cheese sandwich with baked gold fish*** 1 c. tomato soup 1/4 c celery sticks (3) ranch 1/2 c Assorted fruit 8 oz Assorted milk ***No meat***

Lunches $3.25 Pre-paid ***Reduced lunches $.40 Pre-paid*** **Adults $4.25 Pre-paid**

on-line at "www.myschoolaccount.com" or checks

sent to the office in an ENVELOPE ***marked with the child's nam***

campus name and *"CAFETERIA - LUNCH MONEY" on the envelope*

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.

NO CHARGED LUNCHES ***Lunch payments must be made by using separate checks for each HTC school campus.***

Canned fruit in juice or extra light syrup

Ice Cream

purchased in the cafeteria will be charged t the student's lunch account.

If the student does not have a credit balance purchase will be denied.

Extra Student Entrée $1.50

with a purchase of lunch

charged to lunch account

Assorted Fruit includes: 1/2 c portions

canned mixed fruit, canned or frozen peaches, canned pears, canned applesauce

Additional available fruit may be offered

raisins, frozen strawberries, watermelon, canned mandarin oranges

orange juice, grape juice, bananas, apples, grapes, canned pineapple

Check lunchroom board for availability.

1/2 or all grains will be whole grains

1/2 of grains may be enriched

The entrée's are in bold and italicized in monthly menu.

All daily vegetables, milk and fruit are served with each entrée.

*****The following Entrees kits are*** offered every day and is substituted for the main

Parfait Kit**	***Uncrustable Kit*****	***Egg & Cereal Kit*****	***American Cheese Sandwich Kit*****
8 oz. of vanilla yogurt 1/4 c granola .75 oz baked goldfish	2.6 oz. PB & J Uncrustable choice of 4 oz. yogurt or a 1 oz. cheese stick .75oz baked gold fish	Large hard boiled egg 1 oz. bowl cereal .75 oz baked gold fish Prk3 & Prk4 cereal choice cheerios or cinnamon toast crunch	2 slices(1 oz) of American cheese on 2 slices of bread 4 oz yogurt .75 oz baked gold fish

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

Assorted Milk may include: half pint of

Fat free white, 1% white, 1% chocolate, 1% strawberry, 1% vanilla

**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

at least 3/4 cup of vegetables in many varieties and portion sizes everyday.

Condiments packets only - may include

ranch, hot sauce, syrup, BBQ sauce, ketchup, salsa

Italian, mustard

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

Items may be substituted without notice due to unforeseen circumstances.