





# January 2019

# LUNCH

## Holy Spirit Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 No School</p>	<p>2 Chicken Patty on a Bun Corn Choice of fruit Milk</p>	<p>3 Ametis Pizza Green beans Choice of fruit Milk</p>
<p>7 Egg Ham &amp; Cheese on a Bun Oven potatoes Choice of fruit Milk</p>	<p>8 Mac &amp; Cheese Carrots Choice of fruit Milk</p>	<p>9 Beef Taco Lettuce/salsa/cheese Choice of fruit Milk</p>	<p>10 Pulled Pork on a Bun Corn Choice of fruit Milk</p>	<p>11 Ametis Pizza Black beans Choice of fruit Milk</p>
<p>14 Pancakes/Sausage Carrots Choice of fruit Milk</p>	<p>15 BBQ Chicken strips on a Bun Corn Choice of fruit Milk</p>	<p>16 Pasta with Meat Sauce Green beans Choice of fruit Milk</p>	<p>17 Grilled Cheese Potato wedges Choice of fruit Milk</p>	<p>18 Ametis Pizza Chick peas Choice of fruit Milk</p>
 <p>21 No School</p>	<p>22 Hot Dog Baked beans Choice of fruit Milk</p>	<p>23 Garlic Chicken Pasta Peas Choice of fruit Milk</p>	<p>24 Fish Sticks Carrots Choice of fruit Milk</p>	<p>25 Ametis Pizza Green beans Choice of fruit Milk</p>
<p>28 Open Turkey with Gravy Mashed potatoes Choice of fruit Milk</p>	<p>29 Beef Nachos Beans/salsa/cheese Choice of fruit Milk</p>	<p>30 Hot Ham &amp; Cheese on a Bagel Corn Choice of fruit Milk</p>	<p>31 Pasta with Meat Sauce Peas Choice of fruit Milk</p>	
<p><b>Menu Subject to Change</b> Choice of 1% White or FF Chocolate Milk Fruit from the season</p> <p><b>Lunch tickets available in advance</b> \$3.75 per lunch / 10 meals \$37.50 20 meals - \$75.00 / Adult Lunch - \$4.25</p>	<p><b>Snack Bar</b> 1% or Fat Free Milk - \$.50 Fresh Baked Cookies - \$.50 Assorted Chips - \$.50 Ice Cream - \$1.00 <b>NOTE:</b> Pizza - \$1.50 Xtra Slice</p>	<p><b>Chef's Specialty Wraps/sandwiches</b> Monday-Ham and Cheese Tuesday-Egg Salad Wednesday-Chicken Salad Thursday-Turkey and Cheese Friday-PB&amp;J Sandwich</p>	<p><b>Available Daily</b> <b>Yogurt Bag</b> Sliced bagel with cheese, carrot sticks, yogurt, fruit, &amp; milk <b>PB&amp;J Bag</b> Whole wheat bread, carrot sticks, fruit &amp; milk <b>Cereal Bag</b> Cereal, cheese, yogurt, carrot sticks, fruit &amp; milk</p>	