

December 2009 Holy Family Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Holy Family Nutrition Services</i> 1800 Milner St. Hays, Ks 67601</p>	<p>30 <i>Fiestade Pizza</i> <i>Green Beans</i> <i>Salad/Dressing</i> <i>Carrot Sticks</i> <i>Pineapple</i></p>	<p>1 <i>Fr. Dip Sandwich</i> <i>(aujus or cheese sauce)</i> <i>Beef Flavored Rice</i> <i>Salad/ Dressing</i> <i>Carrot Sticks/Apple Wedges</i></p>	<p>2 <i>Chicken Nuggets</i> <i>Potatoes/Gravy</i> <i>Salad/ Dressing</i> <i>Carrot Sticks/ Bread</i> <i>Fruit Cup</i></p>	<p>3 <i>Beef Nachos</i> <i>Tater Tots</i> <i>Salad/Dressing</i> <i>Carrot Sticks</i> <i>Orange Smiles</i></p>	<p>4 <i>Corndog</i> <i>Potato Smiles</i> <i>Baked Beans</i> <i>Salad /Dressing</i> <i>Carrot Sticks/ Grapes</i></p>	5
6	<p>7 <i>Chicken Pattie</i> <i>Potatoes/ Gravy</i> <i>Salad/ Dressing</i> <i>Carrot Sticks</i> <i>Bread/Apple Wedges</i></p>	8 NO SCHOOL	<p>9 <i>Frito pie</i> <i>Whole Kernel Corn</i> <i>Salad/Dressing</i> <i>Carrot Sticks</i> <i>Mandarin Oranges</i></p>	<p>10 <u><i>Birthday Dinner</i></u> <i>Steak Fingers</i> <i>Potatoes/ Brown Gravy</i> <i>Peas/ Dinner Roll</i> <i>Salad /Dressing</i> <i>Strawberry Jello</i> <i>Birthday Cake</i></p>	<p>11 <i>Hamburger</i> <i>Fr. Fries</i> <i>Salad/ Dressing</i> <i>Carrot Sticks</i> <i>Orange Smiles</i></p>	12
13	<p>14 <i>Salisbury Steak</i> <i>Potatoes/Brown Gravy</i> <i>Salad/ Dressing/Bread</i> <i>Carrot Sticks</i> <i>Orange Smiles</i></p>	<p>15 <i>Taco Salad</i> <i>Whole Kernel Corn</i> <i>Carrot Sticks</i> <i>Apple Wedges</i></p>	<p>16 <i>Smokies</i> <i>Tater Tots</i> <i>Salad/ Dressing</i> <i>Carrot Sticks</i> <i>Fr. Toast Sticks/Syrup</i> <i>Strawberries/Bananas</i> <i>Cereal Cup</i></p>	<p>17 <i>Popcorn Chicken</i> <i>Potatoes</i> <i>Salad/ Dressing</i> <i>Carrot Sticks</i> <i>Bread</i> <i>Fruit</i></p>	<p>18 <i>Hamburger Pizza</i> <i>Green Beans</i> <i>Salad/ Dressing</i> <i>Carrot Sticks</i> <i>Fruit</i></p>	19
20	21	22	23	24	25	26
27	<p>28 Milk Choices: 1 % White Fat Free Chocolate</p>	<p>29 Menu Subject to Change Without Notice. This is an Equal Opportunity Employer</p>	30	<p>31 Kansas Dept. of Agriculture, Division of Food Safety Conducted their inspection 11-5-09. No violations were cited.</p>		