

# January 2010 Holy Family Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Holy Family Nutrition Services 1800 Milner St. Hays, Ks. 67601</i>	<b>Menu Subject to Change without Notice. This is an Equal Opportunity Employer</b>	<i>Milk Choices: 1 % White Fat Free Chocolate</i>			<i>1 Happy New Years</i>	<i>2</i>
<i>3</i>	<i>4 Teacher Work Day NO SCHOOL</i>	<i>5 Fiestada Pizza Green Beans Salad/Dressing Carrot Sticks Apple Wedges</i>	<i>6 Meatballs Potatoes/Brown Gravy Salad/ Dressing Carrot Sticks/Fruit Bread Fruit Cup</i>	<i>7 Frito Pie Whole Kernel Corn Salad/ Dressing Carrot Sticks Orange Smiles</i>	<i>8 Turkey Sandwich Chicken Noodle Soup Crackers/Apple Sauce Salad/ Dressing Fr. Veggies/ Dip</i>	<i>9</i>
<i>10</i>	<b><u>11 Menu by 4A</u></b> Chicken Drumsticks Potatoes/White Gravy Salad/ Dressing Carrot Sticks/ Soft Pretzel Cheese sauce/ Juice Bar Brownie	<i>12 Hot Dog/ Bun Baked Beans Potatoes Salad/ Dressing Carrot Sticks Orange Smiles</i>	<i>13 Italian Dunkers (Meatsauce/ Breadsticks) Whole Kernel Corn Salad/ Dressing Carrot Sticks Fruit Cup</i>	<b><u>14 June Birthday</u></b> Chicken Strips Potatoes/ Gravy/Peas Salad/ Dressing Dinner Roll Peaches Birthday Cake	<i>15 Cheese Pizza Yogurt Green Beans Salad/ Dressing Carrot Sticks Apple Wedges</i>	<i>16</i>
<i>17</i>	<i>18 Chicken Nuggets Potatoes/ Gravy Salad/ Dressing/Bread Carrot Sticks Pineapple</i>	<i>19 Fr. Dip Sandwich (Au jus/Cheese sauce) Beef Flavored Rice Salad/Dressing Carrot Sticks Orange Smiles</i>	<i>20 Taco Salad Whole Kernel Corn Carrot Sticks Orange Jello</i>	<i>21 Smokies Potatoes/Cereal Cup Salad/ Dressing Carrot Sticks Fr. Toast Sticks/Syrup Fruit Cup</i>	<i>22 Popcorn Chicken Tater Tots Salad/ Dressing Carrot Sticks Mandarin Oranger</i>	<i>23</i>
<i>24</i>	<i>25 Hamburger Pizza Green Beans Salad/ Dressing Carrot Sticks Apple Wedges</i>	<i>26 Soft Taco Mexican Rice Refried Beans Salad/Dressing Carrot Sticks Pineapple</i>	<i>27 Grilled Cheese Yogurt/Tomato Soup Crackers/ Salad/Dressing Carrot Sticks Strawberry Jello</i>	<b><u>28 January Birthday</u></b> Chicken Fried Steak Potatoes/White Gravy Peas/Salad/Dressing Dinner Roll/Pears Birthday Cake	<b><u>29 Sack Lunch</u></b> Ham Sandwich Chips Grapes/ Carrot Sticks Animal Crackers Apple Juice	<i>30</i>
<i>31 Chili Supper</i>						