

Holy Trinity Breakfast Menu

January 2019

	1 No School	2 No School	3 No School	4 No School
7 No School	8 Whole Grain Pancakes Whole Grain French Toast Scrambled Eggs (w/cheese) Whole Wheat Veggie Wrap Turkey Sausage Yogurt Parfait Fresh Fruit Sweet Potato Hash Browns Orange or Apple Juice	9 Whole Grain Pancakes Whole Grain French Toast Scrambled Eggs (w/cheese) Oatmeal Breakfast Wrap Yogurt Parfait Fresh Fruit Hash Browns Orange or Apple Juice	10 Whole Grain Pancakes Scrambled Eggs (w/veggies or w/cheese) Bacon Whole Grain English Muffin Yogurt Parfait Fresh Fruit Red Breakfast Potatoes Orange or Apple Juice	11 Whole Grain Pancakes Scrambled Eggs (w/cheese) Whole Grain Toast Yogurt Parfait Oatmeal Fresh Fruit Hash Browns Orange or Apple Juice
14 Whole Grain Pancakes Whole Grain French Toast Scrambled Eggs (w/cheese) Bacon Yogurt Parfait Whole Grain Tortilla Oatmeal/ Fresh Fruit Hash Browns Orange or Apple Juice	15 Whole Grain Pancakes Whole Grain French Toast Scrambled Eggs (w/cheese) Whole Wheat Veggie Wrap Turkey Sausage Yogurt Parfait Fresh Fruit Sweet Potato Hash Browns Orange or Apple Juice	16 Whole Grain Pancakes Whole Grain French Toast Turkey Sausage Scrambled Eggs (w/cheese) Oatmeal Breakfast Wrap Yogurt Parfait Fresh Fruit Hash Browns Orange or Apple Juice	17 Whole Grain Pancakes Scrambled Eggs (w/veggies or w/cheese) Bacon Whole Grain English Muffin Yogurt Parfait Fresh Fruit Red Breakfast Potatoes Orange or Apple Juice	18 Whole Grain Pancakes Scrambled Eggs (w/cheese) Whole Grain Toast Yogurt Parfait Oatmeal Fresh Fruit Hash Browns Orange or Apple Juice
21 No School	22 Whole Grain Pancakes Whole Grain French Toast Scrambled Eggs (w/cheese) Whole Wheat Veggie Wrap Turkey Sausage Yogurt Parfait Fresh Fruit Sweet Potato Hash Browns Orange or Apple Juice	23 Whole Grain Pancakes Whole Grain French Toast Turkey Sausage Scrambled Eggs (w/cheese) Oatmeal Breakfast Wrap Yogurt Parfait Fresh Fruit Hash Browns Orange or Apple Juice	24 Whole Grain Pancakes Scrambled Eggs (w/veggies or w/cheese) Bacon Whole Grain English Muffin Yogurt Parfait Fresh Fruit Red Breakfast Potatoes Orange or Apple Juice	25 Whole Grain Pancakes Scrambled Eggs (w/cheese) Whole Grain Toast Yogurt Parfait Oatmeal Fresh Fruit Hash Browns Orange or Apple Juice
28 Whole Grain Pancakes Whole Grain French Toast Scrambled Eggs (w/cheese) Bacon Yogurt Parfait Whole Grain Tortilla Oatmeal/ Fresh Fruit Hash Browns Orange or Apple Juice	29 Whole Grain Pancakes Whole Grain French Toast Scrambled Eggs (w/cheese) Whole Wheat Veggie Wrap Turkey Sausage Yogurt Parfait Fresh Fruit Sweet Potato Hash Browns Orange or Apple Juice	30 Whole Grain Pancakes Whole Grain French Toast Turkey Sausage Scrambled Eggs (w/cheese) Oatmeal Breakfast Wrap Yogurt Parfait Fresh Fruit Hash Browns Orange or Apple Juice	31 Whole Grain Pancakes Scrambled Eggs (w/veggies or w/cheese) Bacon Whole Grain English Muffin Yogurt Parfait Fresh Fruit Red Breakfast Potatoes Orange or Apple Juice	

Ketchup, Hot Sauce and Syrup Available Daily

Holy Trinity Lunch Menu January 2019

	1 No School	2 No School	3 No School	4 No School
7 No School	8 BBQ Rotisserie Chicken w/ Garlic and Basil Pasta, Carrot Slices & Fresh Fruit Grilled Ham and Cheese Turkey Sandwich Buffalo Chicken Salad Chicken Caesar Salad	9 Baked Penne w/ Meat Sauce, House Salad & Fresh Fruit Italian Hoagie Ham Sandwich Grilled Chicken Salad Southwest Chicken Salad	10 Chicken Quesadillas on Whole Grain Tortillas w/Mexican Style Rice, Beans & Fresh Fruit Grilled Cheese Sandwich Greek Chicken Wrap BBQ Chicken Salad Chef Salad	11 Cheese or Pepperoni Pizza on Homemade Whole Wheat Crust w/Potato Salad, Sliced Carrots, Cauliflower w/Cheese & Fresh Fruit Cajun Chicken Sandwich Turkey Sandwich Buffalo Chicken Salad Chef's Salad
14 Chicken Breast Limone, Green Beans, Mashed Sweet Potatoes, Dinner Roll & Fresh Fruit Turkey Melt Ham Sandwich Grilled Chicken Salad Greek Salad	15 Pulled Pork on Whole Grain Bun w/ Roasted Red Potatoes & Cole Slaw & Fresh Fruit Grilled Ham & Cheese Chicken Club Wrap Buffalo Chicken Salad Garden Salad	16 Seasoned Beef Tacos w/Mexican Style Rice, Beans & Fresh Fruit Served With Fresh Salsa Chicken Quesadilla w/Fresh Salsa & Sour Cream Turkey Sandwich BBQ Chicken Salad Greek Salad	17 Cornmeal Baked Basa w/Whole Grain Brown Rice, Fresh Broccoli, Cucumber Salad & Fresh Fruit Grilled Cheese Sandwich Southwest Chicken Wrap Chef Salad Chicken Caesar Salad	18 Chicken Parmesan over Whole Grain Spaghetti, House Salad & Fresh Fruit Beef Burrito Turkey Sandwich Buffalo Chicken Salad Grilled Chicken Salad
21 No School	22 Fresh Grilled Chicken Sandwich on Whole Grain Bun w/Mashed Sweet Potatoes, Green Beans & Fresh Fruit Chicken Cordon Bleu Sandwich Turkey Sandwich Grilled Chicken Salad Chipotle Chicken Salad	23 Authentic Enchiladas W/ Red Sauce on Whole Grain Tortillas w/Mexican Style Rice, Beans & Fresh Fruit Grilled Cheese Sandwich Italian Sub Chef Salad Chopped Salad	24 Pylan Estates Greek Style Rotisserie Chicken w/Whole Grain Brown Rice Pilaf, Green Beans, Roasted Red Potatoes & Fresh Fruit Meatball Sub Ham Sandwich Buffalo Chicken Salad Southwest Chicken Salad	25 Homemade Meatballs w/Whole Grain Spaghetti, House Salad, Baby Carrots & Fresh Fruit Chicken Quesadilla w/Fresh Salsa & Sour Cream Italian Sub Buffalo Chicken Salad BBQ Chicken Salad
28 The Colonel's Chicken Bowl w/Mashed Potatoes & Gravy, Corn, Carrot Slices, Shredded Cheese & Dinner Rolls & Fresh Fruit Italian Sub Ham Sandwich Southwest Chicken Salad Chef Salad	29 Sloppy Joe on Whole Grain Bun w/Cole Slaw, Red Bean Salad, Carrot Slices & Fresh Fruit Cajun Chicken Sandwich Turkey Sandwich Buffalo Chicken Salad Greek Chicken Salad	30 Chicken Fajitas on Whole Grain Tortillas w/Mexican Style Rice, Beans & Fresh Fruit Chicken Parmesan Sandwich Southwest Chicken Wrap Buffalo Chicken Salad Chef's Salad	31 Pan-Fried Chicken Breast w/ Mashed Potatoes, Broccoli, Whole Grain Roll & Fresh Fruit Buffalo Chicken Sandwich Turkey Sandwich Grilled Chicken Salad Chef's Salad	

Ketchup, Hot Sauce and BBQ Sauce Available Daily