



St. Rita Catholic School May 2018

Monday

Tuesday

Wednesday

Thursday


Friday

	> Homestyle Meatloaf Slice and Gravy > Texas BBQ Chicken Sandwich on Whole Wheat Bun smashed buttered red potatoes > Baked Stuffed Pepper-V (entrée or side item)	1 <i>herbed carrot coins</i> <i>fresh baked whole corn cornbread</i> <i>seasonal fresh fruit</i> <i>fresh baked pineapple crumb bar</i>	> Bistro Chicken "Alfredo" Pasta <i>fresh baked whole grain roll</i> > Pepperoni or Garlic Cheese-v French Bread Pizza > Italiano-Tex Toast Griller-V	2 <i>fresh-cut Caesar Salad with croutons</i> <i>Italian vegetable medley</i> <i>fresh fruit yogurt parfait</i>	> Signature Oven-Roasted Mississippi Brisket & Sauce <i>served with whole corn tortillas & Euro butter</i> > All-Beef Chili Cheese Dog > Ranch Chicken Tortilla Wrap* <i>* V-version offered</i>	3 <i>oven baked potato wedges</i> <i>cowboy "baked beans"</i> <i>fresh banana</i> <i>fresh baked cinnamon roll bites</i>	4
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> Chicken & Corn Chili with Corn Chips > American Cheeseburger > Crispy Falafel "Burger"-V <i>whole wheat burger bun, burger fixins</i> <i>oven baked tater "tots"</i>	7 <i>steamed whole green beans</i> <i>chilled mixed fruit</i> <i>bakery "surprise"</i>	> Baked Chicken Pomodoro Penne <i>fresh baked garlic breadsticks</i> > Deep Dish Pizza Selections on Whole Grain Crust-V > Mozzarella & Tomato Panini-V	8 <i>fresh-cut salad greenz' & veggies</i> <i>Tuscan white beans</i> <i>strawberry applesauce</i>	> Mandarin Orange Chicken and steamed brown rice > Confetti Pepper Steak > Stir-Fry Veggie Rice w/Egg-V <i>Vegetable Egg Rolls-V</i> <i>sesame carrot and broccoli 'toss</i>	9 <i>fresh-cut cucumber wedges</i> <i>chilled pineapple chunks</i> <i>fresh baked apple n' oats bar</i>	> Savory Gravy Beef Steak > Panko Crumb Baked Fish <i>fresh baked whole wheat roll</i> > Broccoli Cheese Pasta-V (entrée or side item)	10 <i>roasted red potatoes</i> <i>hint of mint green peas</i> <i>seasonal fresh fruit</i>	> Creamy King Ranch Chicken > Fajita "Steak" Taco > Nacho Chips & Cheese-V <i>ranchero pinto beans</i> <i>el arroz amarillo con vegetals</i>	11 <i>cucumber pico de gallo</i> <i>fresh red grapes bunch</i> <i>fresh baked cinnamon pastry</i>
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> Steak Ramen Noodle Bowl > Baked Chicken Breast Nugget Box > Fresh Fruit Bowl, Cheese Stick & Fruit Yogurt "Bento" Box-V <i>fresh baked wheat breadstick</i>	14 <i>oven baked waffle-cut "fries"</i> <i>California veggie medley</i> <i>baked apple "crisp"</i>	> Smothered Southern Chicken in gravy > "Chicken Fried" Steak Strips <i>fresh baked whole wheat roll</i> > Spicy Lentil Sliders-V <i>Russet baked potato 'halves</i>	15 <i>herbed crinkle-cut carrots</i> <i>fresh seasonal fruit selections</i> <i>fresh baked peach & yogurt bars</i>	> Classic Meatsauce & Rigatoni Pasta <i>fresh baked whole grain roll</i> > Italian Grilled Chicken & Provolone Sub > Pepperoni or Cheese-V Whole Grain Pizza Slices	16 <i>fresh-cut Italian "chopped" salad</i> <i>bit of garlic cut green beans</i> <i>fresh fruit yogurt parfait</i>	> Chili "MAC Daddy" Pasta > Grilled Cheese'wich on Whole Wheat Oat Bread-v > Grilled Chicken Caesar Salad <i>fresh baked whole grain soft roll</i>	17 <i>bbq white beans</i> <i>fresh-cut vegetable strips "salad"</i> <i>pears & gelatin</i>	> Shredded Brisket & Jack Whole Grain Quesadilla > Baja Fish "Street Tacos" <i>w/corn tortillas, taco greenz' & salsa</i> > Nacho Chips & Cheese-v <i>Tex-Mex-style brown rice</i>	18 <i>seasoned black beans</i> <i>fresh-cut seasonal melon slices</i> <i>Tres-Leches'ish whole grain banana cake</i>
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> "Breakfast for Lunch" pancakes, egg, & sausage > Honey Battered Corn Dog <i>oven baked diced potatoes</i> > Open-Faced Tomato & Cheese Texas Toast Melt-V	21 <i>winter squash medley saute</i> <i>fresh raw veggie "salad"</i> <i>chilled pineapple chunks</i>	> Southwestern Baked Chicken <i>whole wheat tortilla & Euro butter</i> > Beef & Cheese Taco Salad <i>with whole grain tortilla chips</i> > 3' Cheese Grilled Quesadilla-V	22 <i>honey & cumin roasted carrots</i> <i>charro pinto beans</i> <i>fresh fruit mix</i> <i>vanilla yogurt w/cookie crumb</i>	> "Chili Pie" Happy Tater Bowl > Breaded Chicken Breast Tenders Sandwich <i>(with buffalo sauce, if you like it!) whole wheat burger bun</i> > Vegetable "Hot Pocket"-V	23 <i>Southern greens saute</i> <i>corn on the cob</i> <i>seasonal apple</i> <i>fresh baked carrot spice bites</i>	> Chicken Spaghetti Carbonara w/turkey bacon <i>fresh baked whole grain roll</i> > Marinara Meatball Sub <i>on a Whole Wheat Roll</i> > Garlic Pizza Cheese Bread-V	24 <i>fresh Caesar Salad</i> <i>green bean & carrot medley</i> <i>chilled mixed fruit</i> <i>Italian chocolate cake squares</i>	> Cheese Enchiladas w/Chili con Carne or Queso Ranchero-V > Fajita Chicken Wrap > Deluxe Queso Nachos-v <i>with Peppers, Olives, etc (if you like)</i> <i>creamy house-made refried beans</i>	25 <i>Texican roast potatoes</i> <i>fresh-cut orange wedges</i> <i>fresh baked apple churro</i>
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28 	> Meatballs Romano & Penne Pasta <i>fresh baked whole grain roll</i> > Garlic "Parmesan" Wings > Deep Dish Pizza Selections on Whole Grain Crust-V	29 <i>fresh-cut salad greenz' & fresh veggies</i> <i>parmesan cauliflower & broccoli</i> <i>chilled mixed fruit</i>	30	31	
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There is never any frying for this menu, only baking, roasting, grilling, steaming, or fresh-cut raw produce

Grain items are **fresh baked** whenever possible and we use only fresh or frozen vegetables

All "full" lunches are a choice of entrée plus the daily bakery and three sides

(V) indicates a nonmeat entrée

All sauces, beans, and as well as the majority of entrees are made in-house "from scratch"

This menu does not contain peanuts or peanut products, as well as items made from pork products

Twelve Oaks is committed to providing freshness, variety & good nutrition on a daily basis

daily deli 'wiches
turkey & Jack on a fresh baked whole grain roll
**
turkeyham & cheddar on whole wheat oat bread
**
chicken or tuna salad on whole grain bagel
**
hummus or cheese and salad tortilla roll-up

daily deli salads
daily salad bar, or fresh salad greenz' box
**
fresh-cut veggies with ranch & hummus box
**
fresh-cut fruit salad box
**
cheese & crackers with fresh fruit bow

"snacks"
fresh baked whole grain cookies, muffins, and more
**
only baked chips & bagged snacks

beverages
choices of milk
1%, skim, or flavored fat-free
**
100% fruit juices
**
bottled water

