



St. Rita Catholic School

May 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		<p>~ Oven "Fried" Chicken over whole grain waffle-syrup</p> <p>~ 'Old School' Sloppy Joe on a whole wheat burger bun</p> <p>~ Grilled Veggie Quesadilla <small>NM</small> peppers, squash, cheese, and more</p> <p>**</p> <p>real mashed potato medley seasoned green beans fresh-cut seasonal fruit</p> <p>**</p>	<p>~ Classic Meat Sauce/Spaghetti fresh baked whole grain roll</p> <p>~ Chicken Parmesan Sub on fresh baked whole grain roll</p> <p>~ Cheesy Pizza Bread <small>NM</small> on crispy whole grain French loaf</p> <p>**</p> <p>green peas & sliced carrots fresh-cut mixed salad greenz' chilled mixed fruit yogurt fruit parfait</p>	
	TEXAS Tuesdays GO TEXAN.			
6	Spring menu 7	8	9	10
<p>~ Breakfast for Lunch ww pancakes, egg & turkey sausage</p> <p>~ Philly Cheese Steak 'Flat' beef & cheese in grilled wg flatbread</p> <p>~ Grilled Cheese Sandwich <small>NM</small> on whole wheat bread</p> <p>**</p> <p>oven baked diced potatoes fresh spinach salad w/tomatoes chilled pineapple chunks in juice chef's choice treat</p>	<p>~ Two Step Baked Chicken baked in salsa - corn tortillas</p> <p>~ 'State Fair' Corn Dog honey battered chicken frank</p> <p>~ Cowboy Skillet Potato Tacos <small>NM</small> tossed with Tex-Mex cheese sauce</p> <p>**</p> <p>seasoned corn or 'corn on the cob' ranch pinto beans TxLocal: seasonal fruit wg Snickerdoodle raisin "cookie"</p>	<p>~ Pepperoni Pizza Square (or cheese) on whole grain crust</p> <p>~ Chicken CAESAR Salad grilled chicken, parmesan & croutons</p> <p>~ Cheesy Pomodoro Pasta <small>NM</small> fresh baked whole grain 'garlic knots'</p> <p>**</p> <p>steamed Italian veggie medley fresh-cut house side salad fresh-cut orange wedges wg spiced carrot cake bites</p>	<p>~ Savory Gravy Beef Steak fresh baked whole wheat roll</p> <p>~ Our House Chicken Sandwich fresh baked ww oat roll, L/T/P 'salad'</p> <p>~ Baked Stuffed Pepper <small>NM</small> with vegetable rice, cheese & crumbles</p> <p>**</p> <p>real mashed potato medley seasoned green beans chilled mixed fruit in juice</p> <p>**</p>	<p>~ Chicken a la Fajita Wrap fresh-cut taco 'salad', tortilla, salsa</p> <p>~ Breaded Fish Taco(s) on 'whole corn' tortillas with lime</p> <p>~ 'Real' Queso Nachos <small>NM</small> with 'whole corn' tortilla chips</p> <p>**</p> <p>yellow Spanish vegetable rice house-made refried beans fresh-cut seasonal fruit wg cinnamon banana bars</p>
	TEXAS Tuesdays GO TEXAN.			
13	Spring menu 14	15	16	17
<p>~ Chicken "Fried Rice" with veggies & brown rice</p> <p>~ Charbroiled Hamburger whole wheat bun & L/T/P 'salad'</p> <p>~ Baked Falafel Pita <small>NM</small> with spinach, tomato & Tzatziki sauce</p> <p>**</p> <p>crinkle cut sweet potato fries fresh-cut vegetable sticks chilled mixed fruit in juice chef's choice treat</p>	<p>~ San Antonio Frito Pie beef, cheese, lettuce, tomato</p> <p>~ Smokehouse Chicken Sub fresh baked wg roll & sub 'salad'</p> <p>~ Texas BBQ Potato <small>NM</small> w/cheese, sauce, & (turkey bacon)</p> <p>**</p> <p>fresh baked whole wheat roll TxLocal: blackeyed peas TxLocal: seasonal fruit pineapple yogurt bars</p>	<p>~ Honey-Glazed Chicken fresh baked whole wheat roll</p> <p>~ Braised Beef Tips in Gravy served over buttered noodles</p> <p>~ Grilled Cheese Sandwich <small>NM</small> on whole wheat bread</p> <p>**</p> <p>oven roasted red potatoes hint o' mint green peas chilled diced peaches</p> <p>**</p>	<p>~ Meatballs Marinara/Pasta fresh baked whole grain roll</p> <p>~ Roma Chicken Calzone served with Pomodora dipping sauce</p> <p>~ 'Dish Cheese Pizza <small>NM</small> with homemade sauce in a wg crust</p> <p>**</p> <p>cauliflower & broccoli parmesan Italian' side salad w/garbanzos fresh seasonal apple variety rainbow gelatin cup</p>	<p>~ Shredded Chicken Chalupa fresh-cut taco 'salad' & cheese</p> <p>~ Beef Taco al Carbon with grilled veggies & wg tortilla</p> <p>~ Bean & Cheese Burrito <small>NM</small> in a whole wheat tortilla</p> <p>**</p> <p>TexMex-style brown rice seasoned black beans fresh-cut pineapple wedge fresh baked cinnamon 'puffers'</p>
	TEXAS Tuesdays GO TEXAN.			
20	Spring menu 21	22	23	24
<p>~ Baked Chicken Nuggets fresh baked whole wheat roll</p> <p>~ (turkey) Ham & Cheese 'Flat' on whole grain panini bread</p> <p>~ Fresh Fruit Salad Box <small>NM</small> with yogurt cup and cheese stick</p> <p>**</p> <p>steamed broccoli florets fresh grape tomatoes fresh seasonal apple variety chef's choice treat</p>	<p>~ Lone Star BBQ Chicken whole wheat bread slice</p> <p>~ Chili Cheese Dog (Beef) served on a whole wheat cone</p> <p>~ Texas 'Breakfast Griller' <small>NM</small> with egg, potato patty & cheese</p> <p>**</p> <p>baked 'cowboy-style' pinto beans TxLocal: Texas rice n' greens TxLocal: seasonal fruit fresh fruit kolache-style bites</p>	<p>~ Pepperoni Pizza Bread on crispy whole grain French loaf</p> <p>~ Deluxe CHEF Salad Bowl fresh salad greens, chicken, and egg</p> <p>~ MAC & Cheddar Pasta <small>NM</small> fresh baked whole grain 'garlic knot'</p> <p>**</p> <p>seasoned green beans fresh-cut mixed salad greenz' chilled mixed fruit in juice wg lemon blueberry bars</p>	<p>~ Homestyle Meatloaf fresh baked wheat roll & gravy</p> <p>~ Our House Chicken Sandwich fresh baked ww oat roll, L/T/P 'salad'</p> <p>~ Smoky BBQ Stuffed Pepper <small>NM</small> vegetable rice, cheese, bbq crumbles</p> <p>**</p> <p>real mashed potato medley seasoned carrot coins fresh-cut cubed fruit</p> <p>**</p>	<p>~ Baja-Style Baked Fish Filet served with whole corn tortillas</p> <p>~ Beef "Picadillo" Burrito w/potato & cheddar in a wg tortilla</p> <p>~ 'Real' Queso Nachos <small>NM</small> with 'whole corn' tortilla chips</p> <p>**</p> <p>house-made refried beans fresh-cut taco side 'salad' & salsa fresh red grapes wg cinnamon roll bites</p>
	TEXAS Tuesdays GO TEXAN.			
27	Spring menu 28	29	30	31
	<p>~ Chicken "Fried" Steak breaded beef patty w/skillet gravy</p> <p>~ Pulled BBQ Chicken fresh baked whole corn 'bread'</p> <p>~ Tex-Mex '6-Layer Salad' <small>NM</small> with 'whole corn' chips</p> <p>**</p> <p>real mashed potato medley TxLocal: honey roasted carrots TxLocal: seasonal fruit wg Texas sheet cake bites</p>	<p>~ Spring Chicken/Veggie Stew over egg noodles, whole wheat roll</p> <p>~ Brown Gravy Meatballs over egg noodles, whole wheat roll</p> <p>~ Stuffed Baked Potato <small>NM</small> with broccoli & cheddar cheese</p> <p>**</p> <p>white bean <i>scoop'n</i> hummus fresh-cut <i>scoop'n</i> cucumber sticks chilled mixed fruit in juice</p> <p>**</p>		

the complete 'lunch tray'
is your choice of entrée,
plus daily fresh bakery and
three (3) side items ***

"your Daily deli"

turkey & Jack cheese on
fresh baked whole grain roll
**

turkeyham/cheddar
on whole wheat oat bread
**

chicken or tuna salad
on whole wheat bagel
**

hummus or cheese wg
wrap with veggies

"your way
Salad Bar"

or
plated house salad(s)
**

fresh fruit salad box
**

fresh-cut veggies with
ranch & hummus box
**

cheese & crackers
with fresh fruit box

"your Daily bakery"

* all fresh baked *

* all whole grain (wg) *

wg cookies
wg muffins
wg cereal bars

* only baked chips and
bagged snacks *

"your Daily beverages"

choice of milk:
FF chocolate
1% lowfat white
skim white
**

100% fruit juices
**

V-8 selections
**

bottled water

"always baked, never fried"

Notes: NM
NonMeat

"Sauces, beans, salads, pastas, bakery, brisket, chicken,
etc... all scratch-cooked in-house with our recipes "

"Produce, Fruit, and other recipe ingredients
sourced locally (when seasonally available) "

