



Our Lady of Mt.Carmel Lunch Menu October 2016

A full student lunch includes a choice of entrée supplying protein and whole grain, one (1) vegetable side dish, two (2) fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate

Monday	Tuesday	Wednesday	Thursday	Friday
3 1. Popcorn Chicken served on top of Mashed Potato and Corn	4 1. Beef tacos with Lettuce, Salsa and cheese Corn Niblets	5 1. Chicken Nuggets with Whole Grain Roll Seasoned Carrots and Potato Puffs	6 1. General Tso's Chicken with Steamed Brown Rice and Broccoli	7 1. Classic Cheese Pizza Tossed Mix Greens
Alternate Meals:				
10 <i>Columbus Day</i>	11 2. Mini Waffle with Eggs 1. Brunch for Lunch French Toast Sticks Sausage Patty and Home Fried Potatoes	12 1. Macaroni and Cheese with Broccoli and a Whole Grain Dinner Roll	13 3. Classic Tuna over Mix Greens with a Roll 1. Cheese burger Baked French Fries	14 1. Pepperoni Pizza Caesar Salad
Alternate Meals:				
17 1. Sweet & Sour Chicken Whole Grain Dinner Roll Seasoned Mixed Veggies	18 2. Chicken Nuggets with a Slice of Bread 1. Macho Nachos Seasoned Beef over Crunchy Tortilla Chips, Lettuce, Cheese, Salsa and Corn	19 1. Toasted Triple Cheese Three Bean Salad Warm Cinnamon Apples	20 3. Hummus & Bell Pepper Fun Lunch 1. Pepperoni and Mozzarella Cheese Pasta Baked with Green Beans	21 1. Classic Cheese Pizza Tossed Mix Greens
Alternate Meals:				
24 1. Chicken Parmesan Sandwich with oven Roasted Fries	25 2. Mini Pancake with Eggs 1. Brunch for Lunch French Toast Sticks Sausage Patty and Home Fried Potatoes	26 1. Creamy Alfredo Pasta with Grilled Chicken Seasoned Carrots	27 3. Ham & Cheese on a Pretzel Roll 1. Turkey & Gravy Homemade Mashed Potato Local Cinnamon Butternut Squash	28 1. Pepperoni Pizza Caesar Salad
Alternate Meals:				
31 1. Popcorn Chicken served on top of Mashed Potato and Corn	Join the Food Day Apple Crunch on and around October 24, 2016 www.foodday.org			
Alternate Meals:				
Choose with any meal: Baby Carrot Assorted Fresh Fruit Assorted Chilled Fruit	Choose with any meal: Celery Sticks Assorted Fresh Fruit Assorted Chilled Fruit	Choose with any meal: Bean Salad Assorted Fresh Fruit Assorted Chilled Fruit	Choose with any meal: Baby Carrots Assorted Fresh Fruit Assorted Chilled Fruit	Choose with any meal: Broccoli Bites Assorted Fresh Fruit Assorted Chilled Fruit

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If you have any **food allergies**, please let us know!



Chartwells new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school.

Questions or Comments?
Please call, Foodservice Director Kim Orr at 401-253-1452

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