



Our Lady of Mt.Carmel December Lunch Menu

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
			1 1. General Tso's Chicken with Steamed Brown Rice Broccoli Carrots	2 1. Classic Cheese Pizza Caesar Salad Broccoli Bites
Alternate Meals:				
5 1. Classic Cheeseburger Oven Baked Fries Baby Carrots	6 2. Cheeseburger on a Bun 1. Brunch for Lunch French Toast Sticks Sausage Patty Home Fried Potatoes Carrot Raisin Salad	7 1. Macaroni and Cheese Steamed Broccoli Tossed Green Salad Dinner Roll	8 3. Classic Tuna over Mix Greens & Roll 1. BBQ Pulled Pork Sandwich Corn Baked Beans	9 1. Classic Cheese Pizza Caesar Salad Baby Carrots
Alternate Meals:				
12 1. Toasted Triple Cheese Seasoned Mixed Veggies Broccoli Bites w/dip	13 2. Chicken Nuggets with a Slice of Bread 1. Beef tacos with Lettuce & Cheese Refried Beans Salsa	14 1. Chicken Patty Sandwich Potato Puffs Carrot w/Dip	15 3. Yogurt and Cheese Fun Lunch 1. Pepperoni and Mozzarella Cheese Pasta Baked Carrots Coins Peas	16 1. Classic Cheese Pizza Caesar Salad Broccoli Bites
Alternate Meals:				
19 1. Brunch for Lunch French Toast Sticks Sausage Patty Home Fried Potatoes Carrot Raisin Salad	20 2. Mini Pancake with Eggs 1. American Chop Suey with a Dinner Roll Sweet Corn Roasted Garbanzo Bean	21 1. Meatball Sub Oven Baked Fries Green Bean Salad	22 3. Ham & Cheese on a Pretzel Roll 1. Classic Cheese Pizza Caesar Salad Baby Carrots	23 No School
Alternate Meals:				
Available Daily with any Meal: Assorted Fresh Fruit Assorted Chilled Fruit		For Employment Opportunities "Part Time" go to www.compassgroupcareers.com		 bw.nutrilslice.com or download the app for your smartphone



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