



Our Lady of Mt.Carmel January Lunch Menu

A full student lunch includes a choice of entrée supplying protein and whole grain, Two (2) 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. Brunch for Lunch French Toast Sticks Sausage Home Fried Potatoes Cinnamon Glazed Carrots	4 1.Chicken Meatballs in Marinara over Pasta Tossed Garden Salad Mix Veggies	5 1.Hot Dog on a Bun Corn Baked Beans	6 1. Classic Cheese Pizza Caesar Salad Baby Carrots
Alternate Meals:				
9 1.Cheese Pizza Dippers served with Marinara Sauce Spinach and Veggie Pasta Salad	10 1.Chicken tacos with Lettuce & Cheese Black Beans Seasoned Corn	11 1.American Chop Suey Steamed Broccoli Tossed Garden Salad	12 1.Classic Cheeseburger Oven Baked Fries Baby Carrots	13 1.Classic Cheese Pizza Caesar Salad Broccoli Bites
Alternate Meals:				
	17 1.Chicken Patty Sandwich Potato Puffs Seasoned Peas	18 1. Toasted Triple Cheese Spinach Chick Pea Salad Seasoned Mix Veggie	19 1. Chicken Tenders with Whole Grain Roll Oven Baked Fries Broccoli Bites w/dip	20 1. Classic Cheese Pizza Caesar Salad Baby Carrots
Alternate Meals:				
23 1. Popcorn Chicken w/ Mashed Potato Corn Dinner Roll	24 1. Beef taco with Lettuce & Cheese Salsa Roasted Garbanzo Bean	25 1. Diced Chicken with Gravy Roll Mashed Potato Tender Green Beans	26 1. General Tso's Chicken Brown Rice Steamed Carrots Broccoli	27 1. Classic Cheese Pizza Caesar Salad Celery Sticks w/Dip
Alternate Meals:				
30 1. Brunch for Lunch French Toast Sticks Sausage Patty Home Fried Potatoes Cinnamon Apple Slices Carrot Raisin Salad	31 1.Beef Nachos with Lettuce & Cheese Salsa Seasoned Corn			
Alternate Meals:				
Available Daily with any Meal: Assorted Fresh Fruit Assorted Chilled Fruit	For Employment Opportunities "Part Time" go to www.compassgroupcareers.com		 bw.nutrislice.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

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