



Our Lady of Mt. Carmel Lunch Menu Aug/Sept 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
		31 1. Brunch for Lunch French Toast Sticks Sausage Patty Potato Puffs	1 1. Creamy Alfredo Pasta with Grilled Chicken and a side of Roasted Carrot Fries	2 1. Classic Cheese Pizza Caesar Salad
Alternate Meals:				
	2. Hot Dog on A Bun		3. Pretzel Sun Butter & Cheese Fun Lunch	
5 	6 1. Popcorn Chicken served on top of Mashed Potato and Corn	7 1. Strawberry Granola Parfait	8 1. General Tso's Chicken with Steamed Brown Rice and Broccoli	9 1. Classic Cheese Pizza Tossed Mixed Greens
Alternate Meals:				
	2. Mini Waffle with Eggs		3. Classic Tuna over Mixed Greens	
12 1. Cheese burger & Fries with Seasoned Carrot Coins	No School	14 1. Macaroni and Cheese with Steamed Broccoli and a Whole Grain Dinner Roll	15 1. BBQ pulled pork sandwich with corn and Baked Beans.	16 1. Classic Cheese Pizza Caesar Salad
Alternate Meals:				
	2. Chicken Nuggets with a Slice of Bread		3. Hummus & Bell Pepper Fun Lunch	
19 1. Toasted Triple Cheese confetti Cole Slaw	20 1. Sweet & Sour Chicken Whole Grain Dinner Roll Seasoned Mixed Veggies	21 1. Brunch for Lunch! French Toast Sticks Eggs Potato Puffs	22 1. Swedish Meatballs served over Noodles and a side of Broccoli	23 1. Classic Cheese Pizza Tossed mix Greens
Alternate Meals:				
	2. Min Pancakes with Eggs		3. Ham & Cheese on a Pretzel Roll	
26 1. Chicken Parmesan Sandwich with oven Roasted Fries	27 1. Soft Beef Tacos with salsa and Mexican seasoned corn	28 1. Creamy Alfredo Pasta with Grilled Chicken and a side of Roasted Carrot Fries	29 1. Turkey & Gravy offered with Dinner Roll Mashed Potato Savory Green Beans	1. Classic Cheese Pizza Caesar Salad
Alternate Meals:				
	2. Hot Dog on a Bun		3. Pretzel Sun Butter & Cheese Fun Lunch	
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: Grape Tomato 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 Kim Orr, Foodservice Director at 401-253-1452

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