



Our Lady of Mt.Carmel February 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
<p>*February's Food Focus is Herbs and Spices!*</p>		<p>1</p> <p>1. Hot Dog on a Bun</p> <p>Baked Beans Carrots</p>	<p>2</p> <p>1. Popcorn Chicken</p> <p>Mashed Potato Corn</p>	<p>3</p> <p>1. Classic Cheese Pizza</p> <p>Caesar Salad Baby Carrots</p>
<p>Alternate Meals: 2. Chicken Nuggets with a Slice of Bread 3. Classic Tuna over Mixed Greens & Roll</p>				
<p>6</p> <p>1. Meatball Sub</p> <p>Baked French Fries Mix Veggies</p>	<p>7</p> <p>1. Beef and Cheese Burrito</p> <p>Refried Beans Salsa</p>	<p>8</p> <p>1. Chicken and Gravy Sliced Bread</p> <p>Mashed Potato Steamed Broccoli</p>	<p>9</p> <p>1. Classic Cheeseburger</p> <p>Baked Potato Puffs Baby Carrots</p>	<p>10</p> <p>1. Classic Cheese Pizza</p> <p>Caesar Salad Broccoli Bites</p>
<p>Alternate Meals: 2. Whole Grain Pancakes and Egg Patty 3. Italian Grinder</p>				
<p>13</p> <p>1. General Tso's Chicken Sweet and Spicy Chicken Steamed Brown Rice</p> <p>Steamed Broccoli Seasoned Carrots</p>	<p>14</p> <p>1. Beef Nachos with Lettuce and Cheese</p> <p>Black Beans Corn</p>	<p>15</p> <p>1. Cheese Pizza Dippers served with Marinara Sauce</p> <p>Tossed Green Salad Broccoli Bites w/dip</p>	<p>16</p> <p>1. Shepherd's Pie Beef, Mashed Potato and Corn with Gravy and a dinner Roll</p> <p>Seasoned Green Beans Celery Sticks w/ dip</p>	<p>17</p> <p>1. Classic Cheese Pizza</p> <p>Caesar Salad Baby Carrots</p>
<p>Alternate Meals: 2. Hot Dog on a Bun 3. Crispy Chicken Salad w/Roll</p>				
	<p>NO SCHOOL</p>	<p>22</p> <p>1. Chicken & Waffles Chicken Tenders with hot Waffles, Maple Syrup and Baked Apple Slices</p> <p>Hash Brown Glazed Carrots</p>	<p>23</p> <p>1. Mini Corn Dogs Mini Turkey Hot Dogs with a Crispy Corn Batter</p> <p>Baked Beans Oven Baked Fries</p>	<p>24</p> <p>1. Classic Cheese Pizza</p> <p>Caesar Salad Broccoli Bites</p>
<p>Alternate Meals: 2. Chicken Patty Sandwich 3. Triple Decker Sunbutter and Jelly</p>				
<p>27</p> <p>1. Brunch for Lunch French Toast Sticks Egg Patty</p> <p>Hash Brown Glazed Carrots</p>	<p>28</p> <p>1. Cheese and Bacon Quesadilla with Sour Cream</p> <p>Salsa Seasoned Corn</p>			
<p>Alternate Meals: 2. Chicken Nuggets with a Slice of Bread 3. Turkey and Bacon Wrap</p>				
<p>Available Daily with any Meal: Assorted Fresh Fruit Assorted Chilled Fruit</p>	<p>For Employment Opportunities "Part Time" go to www.compassgroupcareers.com</p>		<p>bw.nutrislice.com or download the app for your smartphone</p>	



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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