




Our Lady of Mt.Carmel June Lunch Menu

Student: \$2.60 Reduced: 40¢ Adult: \$3.50 Milk: 55¢

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
 bw.nutrislice.com or download the app for your smartphone			1 1. Cheese Burger BBQ Baked Beans Baby Carrots	2 1. Classic Cheese Pizza Caesar Salad Grape Tomato
Alternate Meals:				
5 1. Meatball Sub Oven Baked Fries Baby Carrots	6 1. Chicken tacos with Lettuce and Cheese Roasted Garbanzo Beans Seasoned Corn	7 1. Homemade Mac & Cheese Steamed Broccoli Tossed Salad	8 1. Brunch for Lunch French Toast Sticks Sausage Patty Hash Browns Carrot Raisin Salad	9 1. Classic Cheese Pizza Caesar Salad Broccoli Bites
Alternate Meals:				
12 1. General Tso's Chicken Brown Rice Broccoli Carrots	13 1. Beef Nachos with Lettuce and Cheese Mexican Corn Salsa	14 1. Chicken and Gravy over Mashed Potato Tender Green Beans Dinner Roll	15 1. Hot Dog with Oven Baked Fries Baked Beans	16 1. Classic Cheese Pizza Caesar Salad Baby Carrots
Alternate Meals:				
19 1. Cheeseburger on a Bun Black Beans Mix Greens				
Alternate Meals:				
				
<p>Available Daily with any Meal: Assorted Fresh Fruit Assorted Chilled Fruit</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

