



SIMPLY GOOD

Our Lady of Mt.Carmel

January 2018 Lunch Menu

A full student lunch includes a choice of entrée supplying protein and whole grain, one (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
1 	2 1. Popcorn Chicken Dinner Roll Mashed Potato Steamed Corn	3 1. Chicken Pot Pie Biscuit on Top Seasoned Carrots Broccoli Bites w/ Dip	4 1. Toasted Cheese Sandwich Baked Beans Veggie Pasta Salad	5 1. Classic Cheese Pizza Tossed Green Salad Veggie Sticks
Alternate Meals				
8 1. Brunch for Lunch French Toast Sausage Patty Hash Browned Potatoes Sweet Corn Salad	9 1. Fajita Chicken, Sweet Peppers, Cheese and Tortilla Salsa Seasoned Black Beans	10 1. Chicken Patty on a Bun Baked Fries Tossed Salad	11 1. Homemade Baked Macaroni & Cheese Steam Broccoli Carrot Coins	12 1. Classic Cheese Pizza Caesar Salad Celery Sticks w/ Dip
Alternate Meals:				
15  Martin Luther King Jr. Day	16 1. Cheese burger Oven Baked Fries BBQ Baked Beans	17 1. General Tso's Chicken Lucky Fried Rice Carrots Steamed Broccoli	18 1. Fish Sandwich Oven Baked Fries Cole Slaw	19 1. Classic Cheese Pizza Tossed Green Salad Veggie Sticks
Alternate Meals:				
22 1. Sausage Egg and Cheese on a Biscuit Potato Puffs Carrot Raisin Salad	23 1. Chicken Tacos Lettuce and Cheese Salsa Seasoned Black Beans	24 1. Mini Corn Dogs Oven Baked Fries Celery Sticks w/ Dip	25 1. Pasta and Meatsauce Garlic Bread Stick Carrot Coins Green Peas	26 1. Classic Cheese Pizza Caesar Salad Broccoli Bites
Alternate Meals				
29 1. Popcorn Chicken Dinner Roll Mashed Potato Steamed Corn	30 1. Beef Tacos Lettuce and Cheese Salsa Seasoned Black Beans	31 1. Chicken Pot Pie Biscuit on Top Seasoned Carrots Broccoli Bites w/ Dip		
Alternate Meals				



If you have any **food allergies**, please let us know!



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Questions or Comments?

Please call Kim Orr,
Foodservice Director at
401-253-1452