



# Our Lady of Mt. Carmel

## February 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. Roasted Turkey Gravy Dinner Roll  Mashed Potato Green Beans	2 1. Classic Cheese Pizza  Tossed Green Salad Veggie Sticks
<b>Alternate Meals</b>				
5 1. Brunch for Lunch French Toast Sausage Patty  Hash Browned Potatoes Carrot Raisin Salad	6 2. Mini Pancakes with Eggs 1. Beef Tacos Lettuce and Cheese  Salsa Seasoned Black Beans	7 1. Chicken Nuggets Dinner Roll  Baked Fries Tossed Salad	8 3. Nacho Fun Lunch 1. Homemade Baked Macaroni and Cheese Dinner Roll  Steam Broccoli Baby Carrots	9 National Bagel Day 1. Classic Cheese Pizza  Tossed Green Salad Roasted Garbanzo Beans
<b>Alternate Meals:</b>				
12 1. Cheese burger  Oven Baked Fries Baby Carrots w/ Dip	13 2. Cheese Stuffed Bread Sticks with Sauce 1. Macho Nacho Lettuce and Cheese  Salsa Seasoned Black Beans	14 Happy Valentine's Day! 1. Fish Taco  Cole Slaw Baked Oven Fries Valentines Cookie	15 3. Yogurt, Bagel & Sunbutter Fun Lunch Chinese New Year 1. Sweet and Sour Chicken Fried Rice Dinner Roll Steamed Carrots Broccoli Bites w/ Dip	16 1. Classic Cheese Pizza  Tossed Green Salad Veggie Sticks
<b>Alternate Meals:</b>				
	20 No School	21 National Pancake Day 1. Pancakes with Sausage Patty  Hash Brown Carrot Raisin Salad	22 3. Triple Decker Sunbutter and Jelly 1. Pasta with Meatballs Dinner Roll  Broccoli Peas	23 1. Classic Cheese Pizza  Tossed Green Salad Roasted Garbanzo Beans
<b>Alternate Meals</b>				
26 1. Popcorn Chicken Dinner Roll  Mashed Potato Steamed Corn	27 2. Hot Dog on a Bun 1. Beef Tacos Lettuce and Cheese  Salsa Seasoned Black Beans	28 1. General Tso's Chicken Lucky Fried Rice  Steamed Broccoli Baby Carrots		
<b>Alternate Meals</b>				
2. Mini Pancakes with Eggs				
3. Ham and Cheese on a Pretzel Roll				



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



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**Questions or Comments?**  
Please call Kim Orr,  
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401-253-1452