

Our Lady of Mt. Carmel March Lunch Menu



Mood Boost

Through Mood Boost we are teaching students how certain foods effect their moods in the areas of Strong, Alert, Happy, Calm, Smart, and Confident.



Great American Road Trip

Designed to spark curiosity about agriculture and cuisines around the country - The Great American Road Trip is packed full of delicious recipes and fun activities for student diners of all



Vegetarian

		1	2	3
Any questions contact: Kim Orr, Director of Dining Services, at Kimberley.orr@compass-usa.com		1. Turkey & Cheese Sandwich 2. Flatbread Pizza Fun Lunch Broccoli Bites	1. Chicken Tender Wrap 2. Flatbread Pizza Fun Lunch Veggie Sticks	1. Triple Decker Sunbutter & Jelly Sandwich 2. Flatbread Pizza Fun Lunch Chick Peas
6	7	8	9	10
1. Turkey & Cheese Wrap 2. Garden Salad with Shredded Cheddar, Croutons & Dinner Roll Fresh Baby Carrots	1. Chicken Tender Wrap 2. Garden Salad with Shredded Cheddar, Croutons & Dinner Roll Veggie Sticks	1. Yogurt & Granola Fun Lunch 2. Garden Salad with Shredded Cheddar, Croutons & Dinner Roll Fresh Broccoli Bites	1. Grilled Chicken Sandwich 2. Garden Salad with Shredded Cheddar, Croutons & Dinner Roll Veggie Sticks	1. Ham & Cheese Sub 2. Garden Salad with Shredded Cheddar, Croutons & Dinner Roll Chick Peas
13	14	15	16	17
PD Day	1. Triple Decker Sunbutter & Jelly Sandwich 2. Pretzel & Cheese Fun Lunch Veggie Sticks	1. Grilled Chicken Wrap 2. Pretzel & Cheese Fun Lunch Fresh Broccoli Bites	1. Ham & Cheese Wrap 2. Pretzel & Cheese Fun Lunch Fresh Veggie Sticks	1. Turkey & Cheese Sandwich 2. Pretzel & Cheese Fun Lunch Chick Peas
20	21	22	23	24
1. Chicken Salad Wrap 2. Yogurt and Granola Fun Lunch Fresh Baby Carrots	1. Triple Decker Sunbutter and Jelly Sandwich 2. Yogurt and Granola Fun Lunch Veggie Sticks	1. Turkey and Cheese Wrap 2. Yogurt and Granola Fun Lunch Fresh Broccoli Bites	1. Chicken Tender Wrap 2. Yogurt and Granola Fun Lunch Fresh Veggie Sticks	1. Grilled Chicken Caesar Salad & Dinner Roll 2. Yogurt and Granola Fun Lunch Chick Peas
27	28	29	30	31
1. Yogurt & Granola Fun Lunch 2. Triple Decker Sunbutter and Jelly Sandwich Fresh Baby Carrots	1. Grilled Chicken Sandwich 2. Triple Decker Sunbutter and Jelly Sandwich Veggie Sticks	Early Dismissal	1. Turkey and Cheese Wrap 2. Triple Decker Sunbutter and Jelly Sandwich Veggie Sticks	1. Chicken Tender Wrap 2. Triple Decker Sunbutter and Jelly Sandwich Veggie Sticks



Fresh Broccoli Florets
Sun Butter
Yogurt

