



St. Elizabeth of Hungary Catholic School November 2017

Monday

Tuesday

Wednesday

Thursday

Friday

			> Southern "oven-fried" chicken tenders over whole grain waffles/syrup > chicken corny dog > grilled fish po' boy > baked MAC and cheese (v) (entrée or side item)	1 stewed tomatoes & greens red beans and rice NOLA-style chilled peach slices	> baked steak fritters & brown gravy <i>fresh baked</i> whole wheat roll > deluxe cheese 'wich on whole wheat oat bread-V > pasta "prima vera toss" (v) (entrée or side item)	2 real mashed potato medley cut green beans with garlic fresh grapes rainbow gelatin cup	> stuffed beef enchiladarito with chili queso sauce > shredded chicken tostada topped with taco salad greenz' > grilled "tres" cheese quesadilla (v) Tex-Mex-style brown rice	3 frijoles con elotes (corn) fresh-cut pineapple wedge <i>fresh baked</i> cinnamon pastry	
> Korean beef, broccoli & steamed rice bowl > breaded chicken breast nugget box > cheddar & pan-fried potato po' boy (v) fresh-cut vegetable sticks & dipper	6 cowboy baked beans <i>fresh baked</i> wheat breadstick chilled pear slices <i>fresh baked</i> whole grain cookie	> homestyle meatloaf with brown gravy > BBQ shredded chicken whole wheat burger bun > baked stuffed peppers (v) (entrée or side item)	7 buttered carrot coins n' herbs <i>fresh baked</i> wheat roll fresh fruit <i>fresh baked</i> pineapple crumb bar	> bistro chicken "Alfredo" pasta <i>fresh baked</i> whole grain roll > pepperoni or cheese (v) pizza on whole grain crust > marinara & mozzarella eggplant "tower" (v)	8 fresh-cut salad greenz' & fresh veggies Italian vegetable medley fresh fruit yogurt parfait	NOON DISMISSAL CONFERENCES BEGIN THIS AFTERNOON NO LUNCHES CONFERENCES BEGIN THIS AFTERNOON	9 CONFERENCES SCHOOL NO SCHOOL CONFERENCES NO SCHOOL	10 NO SCHOOL	
> "East meets Southwest" chicken posole & ramen noodle bowl > American cheeseburger > spicy black bean burger (v) whole wheat burger bun oven baked skin-on potato wedges	13 steamed whole green beans L/T/P burger "salad" & condiments chilled mixed fruit	> Italian herb baked chicken w/pasta Pomodoro <i>fresh baked</i> garlic breadsticks > deep dish pizza (v) on whole grain crust > tomato & mozzarella grilled panini (v)	14 fresh-cut salad greenz' and veggies Tuscan white beans & potatoes strawberry applesauce	> General Tso's tempura chicken with pineapple sauce > teriyaki beef "sloppy Joe" > vegetable egg rolls (v) steamed brown rice stir-fry broccoli with water chestnuts & snap peas	15 fresh-cut cucumber wedges chilled mandarin oranges <i>fresh baked</i> apple oat bar	> Roasted Turkey with savory gravy > panko crumb baked fish <i>fresh baked</i> whole wheat roll > grilled turkey ham & cheese or "just cheese" (v) on whole wheat oat bread	16 real mashed potato medley green peas and mint seasonal fresh fruit	> creamy King Ranch chicken enchiladas > fajita "steak" taco > bean & cheese burrito (v) ranchero pinto beans Tex-Mex pasta with confetti squash medley	17 cucumber pico de gallo fresh red grapes bunch <i>fresh baked</i> cinnamon pastry
NO SCHOOL VACATION	20 NO SCHOOL NO SCHOOL	21 NO SCHOOL NO SCHOOL	22 NO SCHOOL NO SCHOOL	23 	24 NO SCHOOL				
> "breakfast for lunch" pancakes, egg, & sausage > charbroiled steakburger <i>on fresh baked whole grain sub bun</i> > baked cheese & tomato baguette sandwich (v) oven baked diced potatoes	27 squash medley saute L/T/P burger "salad" & condiments chilled pineapple chunks	> baked Southwestern "chili cook-off" chicken whole wheat tortilla & Euro butter > beef & cheese taco salad <i>with whole grain tortilla chips</i> > grilled vegetable & potato whole grain burrito (v)	28 charro pinto beans corn on the cob fresh fruit mix vanilla yogurt w/cookie crumb	> Happy Taters...why? "Chili Pie"... that's why > breaded chicken breast tenders sandwich <i>(with buffalo sauce, if you want it!)</i> > vegetable sloppy joe (v) <i>as a sandwich or to make Happy Taters</i> whole wheat burger bun	29 braised Southern greens and lentils cumin carrots seasonal apple <i>fresh baked</i> carrot spice bars	30 SNACK SALE SNACK SALE SNACK SALE BUCK -A- JEAN DAY			

daily deli 'wiches

turkey & Jack on a *fresh baked* whole grain roll

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turkeyham & cheddar on whole wheat oat bread

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chicken or tuna salad on whole grain bagel

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hummus or cheese and salad tortilla roll-up

daily deli salads

daily salad bar, or fresh salad greenz' box

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fresh-cut veggies with ranch & hummus box

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fresh-cut fruit salad box

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cheese & crackers with fresh fruit bow

"snacks"

fresh baked whole grain cookies, muffins, and more

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only baked chips & bagged snacks

beverages

choices of milk

1%, skim, or flavored fat-free

**

100% fruit juices

**

bottled water

There is never any frying for this menu, only baking, roasting, grilling, steaming, or fresh-cut raw produce

Grain items are *fresh baked* whenever possible and we use only fresh or frozen vegetables

All "full" lunches are a choice of entrée plus the daily bakery and three sides

(V) indicates a nonmeat entrée

All sauces, beans, and as well as the majority of entrees are made in-house "from scratch"

This menu does not contain peanuts or peanut products, as well as items made from pork products



Twelve Oaks is committed to providing freshness, variety & good nutrition on a daily basis