



St. Elizabeth of Hungary Catholic School - January 2018

Monday	Tuesday	Wednesday	Thursday	Friday	
Happy New Year!!	1 Student Holiday NO SCHOOL	2 > "Chili Pie" Tater Bowl > Breaded Chicken Breast Tenders Sandwich (with buffalo sauce, if you like it!) whole wheat burger bun > Vegetable "Hot Pocket"-v	3 > All New Chicken Spaghetti Carbonara w/turkey bacon fresh baked whole grain roll > A Big Meatball Sandwich on a Whole Grain Garlic Bulkie Roll > Garlic Pizza Cheese Bread-v	4 > Cheese Enchiladas w/Chili con Carne or Ranchero Queso-v > Fajita Chicken Wrap > Deluxe Queso Nachos-v with Peppers, Olives, etc (if you like) chunky refried beans	5 Texican roast potatoes fresh-cut orange wedges fresh baked apple churro
> Veggie "Fried" Rice with Grilled Chicken > Charbroiled Burger w/Cheese > Baked Vegetable & Cheese PITA-v whole wheat burger bun, burger fixins oven baked crinkle cut potato "fries"	8 chef hot veggie selection fresh raw veggie sticks seasonal fresh fruit	9 > Meatballs Romano & Penne Pasta fresh baked whole grain roll > Deep Dish Pizza Selections on Whole Grain Crust-v > Garlic "Parm" Chicken Wings	10 > "Oven-Fried" Chicken over whole grain waffles/syrup > Chopped Beer Sandwich > Grilled Fish Po' Boy > Baked MAC and Cheese-v (entrée or side item)	11 > Baked Steak & Brown Gravy fresh baked whole wheat roll > Grilled Cheese'wich on Whole Wheat Oat Bread-v > Pasta "Prima Vera Toss"-v (entrée or side item)	12 > Breaded Chicken Tostada topped with taco salad greenz' > Beef Enchiladrito topped with Queso Ranchero > Bean & Cheese Burrito-v Tex-Mex-style brown rice
Martin Luther King Jr. Day NO SCHOOL	15 > Homestyle Meatloaf Slice and Gravy > BBQ Pulled Chicken fresh baked whole wheat roll smashed buttered red potatoes > Baked Stuffed Peppers-v (entrée or side item)	16 herbed carrot coins fresh raw whole corn seasonal fresh fruit fresh baked pineapple crumb bar	17 > Bistro Chicken "Alfredo" Pasta fresh baked whole grain roll > Pepperoni or Garlic Cheese-v French Bread Pizza > Tex-Italiano Toast Griller-v	18 > Signature Oven-Roasted Mississippi Brisket & Sauce served with whole corn tortillas & Euro butter > Turkey Dog/Chili/Cheese oven baked potato "tots" > "Club" or Veggie "Club"-v salad tortilla wrap	19 > Crunchy Tortilla-Crusted Baked Fish > Grilled Beef & Cheese Burrito > Nacho Chips & Cheese-v wild & brown rice with spinach fresh taco salad greenz' & condiments
> Chicken & Corn Chili with Corn Chips > American Cheeseburger > Crispy Falafel "Burger"-v whole wheat burger bun, burger fixins oven baked tater tots	22 steamed whole green beans chilled mixed fruit bakery "surprise"	23 > Chicken Pomodoro Lasagna fresh baked garlic breadsticks > Deep Dish Pizza Selections on Whole Grain Crust-v > Mozzarella Tomato Panini-v	24 > Mandarin Orange Chicken and steamed brown rice > Teriyaki Beef "Sloppy Joe" > Stir-Fry Veggie Rice w/Fennel-v Vegetable Egg Rolls-v sesame carrot and broccoli 'toss	25 SNACK SALE BUCK-A-JEAN DAY NO TWELVE OAKS CATERING	26 > Creamy King Ranch Chicken Enchiladas > Fajita "Steak" Taco > Nacho Chips & Cheese-v ranchero pinto beans Southwest pasta with confetti squash medley
> Winter Beef Tips & Potatoes > Breaded Chicken Breast Nugget Box > Fresh Fruit Bowl, Cheese Stick & Fruit Yogurt "Bento" Box-v fresh baked wheat breadstick	29 oven baked waffle-cut "fries" herbed crinkle-cut carrots baked apple "cobble-ish"	30 > Smothered Southern Chicken in gravy > "Chicken-Fried" Steak'wich whole wheat burger bun, burger fixins > Spicy Lentil Sliders-v Russet baked potato 'halves	31 > Classic Meatsauce & Rigatoni Pasta fresh baked whole grain roll > Chicken Parmesan Sub on Garlic Whole Grain Roll > Pepperoni or Cheese-v Whole Grain Pizza Slices	1-Feb 2-Feb	

daily deli 'wiches
turkey & Jack on a fresh baked whole grain roll
**
turkeyham & cheddar on whole wheat oat bread
**
chicken or tuna salad on whole grain bagel
**
hummus or cheese and salad tortilla roll-up

daily deli salads
daily salad bar, or fresh salad greenz' box
**
fresh-cut veggies with ranch & hummus box
**
fresh-cut fruit salad box
**
cheese & crackers with fresh fruit bow

"snacks"
fresh baked whole grain cookies, muffins, and more
**
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

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



(V) indicates a nonmeat entrée