



February 2018 - St. Elizabeth of Hungary Catholic School

Monday	Tuesday	Wednesday	Thursday	Friday
			> Chicken Corny Dog herb sweet potato "home fries" MAC Daddy Chili Mac Pasta (with or without chili-v) > Grilled Chicken Caesar Salad fresh baked whole grain soft roll	
> "Breakfast for Lunch" <i>pancakes, egg, & sausage</i> > Texas BBQ Cheddar Steakburder on fresh baked whole grain sub bun > Open-Faced Tomato & Cheese Texas Toast Melt-V oven baked diced potatoes	> Southwestern Baked Chicken whole wheat tortilla & Euro butter > Beef & Cheese Taco Salad with whole grain tortilla chips > 3'Cheese Grilled Quesadilla-V	> "Chili Pie" Happy Tater Bowl > Breaded Chicken Breast Tenders Sandwich (with buffalo sauce, if you like it!) whole wheat burger bun > Vegetable "Hot Pocket"-V	> 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	> Cheese Enchiladas w/Chili con Carne or Queso Ranchero-V > Fajita Chicken Wrap > Deluxe Queso Nachos-v with Peppers, Olives, etc (if you like) creamy house-made refried beans
> Mardi Gras Chicken & "Fried Rice" > Charbroiled Burger w/Cheese > Baked Vegetable & Cheese PITA-V whole wheat burger bun, burger fixins oven baked "crinkle cut" potato fries	> Meatballs Romano & Penne Pasta fresh baked whole grain roll > Deep Dish Pizza Selections on Whole Grain Crust-V > Garlic "Parm" Chicken Wings	** Ash Wednesday ** Filets over whole grain waffles/syrup > Grilled Fish Sandwich > Vegetable/Cheese Po Rov-V > Baked MAC and Cheese-V (entrée or side item)	> Baked Steak Fritters & Brown Gravy fresh baked whole wheat roll > Grilled Cheese w/ich on Whole Wheat Oat Bread-v > Pasta "Prima Vera Toss"-V (entrée or side items)	IN-SERVICE NO SCHOOL IN-SERVICE
> Breaded Chicken Breast Nugget Box > Asian 'style Beef over Vegetable Stir-Fry Noodles > Cheddar & Potato Po' Boy-V fresh-cut vegetable sticks & dipper	> Homestyle Meatloaf Slice and Gravy > BBQ Pulled Chicken fresh baked whole wheat roll smashed buttered red potatoes > Baked Stuffed Pepper-V (entrée or side item)	> Bistro Chicken "Alfredo" Pasta fresh baked whole grain roll > Pepperoni or Garlic Cheese-v French Bread Pizza > Tex-Italiano Toast Griller-V	BUCK-A-JEAN DAY SNACK SALE BUCK-A-JEAN DAY SNACK SALE	> Crunchy Tortilla-Crusted Baked Fish > Grilled 3-Cheese Dilla-V > Nacho Chips & Cheese-V wild & brown rice with spinach fresh taco salad greenz' & condiments
> Chicken & Corn Chili with Corn Chins > American Cheeseburger > Crispy Falafel Burger -V whole wheat burger bun, burger fixins oven baked tater tots	> Chicken Pomodoro Lasagna fresh baked garlic breadsticks > Deep Dish Pizza Selections on Whole Grain Crust-V > Mozzarella & Tomato Panini-V	> Mandarin Orange Chicken and steamed brown rice > Teriyaki Beef Sloppy Joe > Stir-Fry Veggie Rice w/Fon-V Vegetable Egg Rolls-V sesame carrot and broccoli 'toss	> Savory Gravy Beef Steak > Panko Crumb Baked Fish fresh baked whole wheat roll > Grilled TurkeyHam & Cheese or "Just Cheese"-V on 100% Whole Wheat Bread	> Creamy King Ranch-style Cheese Enchiladas-V > Oven Fried Fish Taco > Nacho Chips & Cheese-V ranchero pinto beans Southwest pasta with confetti squash medley

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

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

daily del turkey & . fresh baked w * turkeyham on whole whi * chicken or on whole g * hummus i and salad to	daily de daily sal or fresh salac * fresh-cut with ranch & * fresh-cut fru * cheese & with fresh	"sna fresh baked cookies, muffi * only t chips & bag	beve choices 1%, skim, or fte * 100% fru * bottled
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Jack on a
whole grain roll
*
& cheddar
eat oat bread
*
tuna salad
grain bagel
*
or cheese
tortilla roll-up

li salads

lad bar,
d greenz' box
*
t veggies
hummus box
*
nit salad box
*
crackers
i fruit bow

icks"

whole grain
ins, and more
*
baked
aged snacks

rages

of milk
avored fat-free
*
nit juices
*
i water

