



# February 2018 - Holy Family Catholic Academy

Monday

Tuesday

Wednesday

Thursday

Friday

					> Chicken Corny Dog herb sweet potato "home fries"	1	> Shredded Brisket & Jack Whole Grain Quesadilla	2
						bbq white beans		seasoned black beans
					MAC Daddy Chili Mac Pasta (with or without chili-v)	fresh-cut vegetable strips "salad"	> Baja Fish "Street Tacos"	fresh-cut seasonal melon slices
					> Grilled Chicken Caesar Salad		> Nacho Chips & Cheese-v	Tres-Leches'ish whole grain banana cake
					fresh baked whole grain soft roll	pears & gelatin	Tex-Mex-style brown rice	

> "Breakfast for Lunch" <i>pancakes, egg, &amp; sausage</i>	5	> Southwestern Baked Chicken	6	> "Chili Pie" Happy Tater Bowl	7	> All New Chicken Spaghetti Carbonara w/turkey bacon	8	> Cheese Enchiladas w/Chili con Carne or Queso Ranchero-V	9
> Texas BBQ Cheddar Steakburger on fresh baked whole grain sub bun	winter squash medley saute	whole wheat tortilla & Euro butter	honey & cumin roasted carrots	> Breaded Chicken Breast Tenders Sandwich (with buffalo sauce, if you like it!) whole wheat burger bun	Southern greens saute	fresh baked whole grain roll	fresh Caesar Salad	> Fajita Chicken Wrap	Texican roast potatoes
> Open-Faced Tomato & Cheese Texas Toast Melt-V	fresh raw veggie "salad"	> Beef & Cheese Taco Salad with whole grain tortilla chips	charro pinto beans	> Vegetable "Hot Pocket"-V	corn on the cob	> A Big Meatball Sandwich on a Whole Grain Garlic Bulkie Roll	green bean & carrot medley	> Deluxe Queso Nachos-v with Peppers, Olives, etc (if you like)	fresh-cut orange wedges
oven baked diced potatoes	chilled pineapple chunks	> 3'Cheese Grilled Quesadilla-V	fresh fruit mix		seasonal apple	> Garlic Pizza Cheese Bread-V	chilled mixed fruit	creamy house-made refried beans	fresh baked apple churro
			vanilla yogurt w/cookie crumb		fresh baked carrot spice bites		Italian chocolate cake squares		

> Mardi Gras Chicken & "Fried Rice"	12	> Meatballs Romano & Penne Pasta	13	** Ash Wednesday **	14	> Baked Steak Fritters & Brown Gravy	15	> Queso Cheese Pizza Tostada topped with taco salad greenz'	16
> Charbroiled Burger w/Cheese	chef hot veggie selection	fresh baked whole grain roll	fresh-cut salad greenz' & fresh veggies	> "Oven-Fried" Fish Filets over whole grain waffles/syrup	bit of garlic cut green beans	fresh baked whole wheat roll	mashed "3-potato" medley	> Cheese Enchiladarito topped with Queso Ranchero Sauce	frijoles y elote (corn)
> Baked Vegetable & Cheese PITA-V	fresh raw veggie sticks	> Deep Dish Pizza Selections on Whole Grain Crust-V	parmesan cauliflower & broccoli	> Grilled Fish Sandwich	NOLA 'style red beans	> Grilled Cheese'wich on Whole Wheat Oat Bread-v	herbed peas & carrots	> Bean & Cheese Burrito-V	fresh-cut seasonal melon wedges
whole wheat burger bun, burger fixins		> Garlic "Parm" Chicken Wings	chilled mixed fruit	> Baked MAC and Cheese-V (entrée or side item)	chilled peaches	> Pasta "Prima Vera Toss"-V (entrée or side items)	fresh grapes	Tex-Mex-style brown rice	fresh baked cinnamon pastry
oven baked "crinkle cut" potato fries	seasonal fresh fruit				KING CAKE!		rainbow gelatin cup		

	19	> Homestyle Meatloaf	20	> Bistro Chicken	21	> Signature Oven-	22	> Crunchy Tortilla-	23
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President's Day	Slice and Gravy		"Alfredo" Pasta		Roasted Mississippi Brisket & Sauce		Crusted Baked Fish	
	> BBQ Pulled Chicken	herbed carrot coins	fresh baked whole grain roll	fresh Caesar Salad with croutons	served with whole corn tortillas & Euro butter	cowboy "baked beans"	> Grilled 3-Cheese 'Dilla-V	cilantro black beans
	fresh baked whole wheat roll	fresh baked whole corn combread	> Pepperoni or Garlic Cheese-v French Bread Pizza	Italian vegetable medley	> Turkey Dog/Chili/Cheese	fresh banana	> Nacho Chips & Cheese-V	fresh-cut seasonal melon slices
smashed buttered red potatoes	seasonal fresh fruit	> Tex-Italiano Toast Griller-V	fresh fruit yogurt parfait	oven baked potato "tots"	> "Club" or Veggie "Club"-V	fresh baked cinnamon roll bites	wild & brown rice with spinach	pineapple "rightside-up" whole grain cake
> Baked Stuffed Pepper-V (entrée or side item)	fresh baked pineapple crumb bar			> "Club" or Veggie "Club"-V	salad tortilla wrap		fresh taco salad greenz' & condiments	

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> Chicken & Corn Chili with Corn Chips	26	> Chicken Pomodoro Lasagna	27	> Mandarin Orange Chicken and steamed brown rice	28	> Savory Gravy Beef Steak	1-Mar	> Creamy King Ranch-style Cheese Enchiladas-V	2-Mar
> American Cheeseburger	steamed whole green beans	fresh baked garlic breadsticks	fresh-cut salad greenz' and veggies	> Teriyaki Beef "Sloppy Joe"	fresh-cut cucumber wedges	> Panko Crumb Baked Fish	mashed "3-potato" medley	> "Oven Fried" Fish Taco	cucumber pico de gallo
> Crispy Falafel "Burger"-V	chilled mixed fruit	> Deep Dish Pizza Selections on Whole Grain Crust-V	Tuscan white beans	> Stir-Fry Veggie Rice w/Egg-V	chilled pineapple chunks	fresh baked whole wheat roll	hint of mint green peas	> Nacho Chips & Cheese-V	fresh red grapes bunch
whole wheat burger bun, burger fixins	bakery "surprise"	> Mozzarella & Tomato Panini-V	strawberry applesauce	Vegetable Egg Rolls-V	fresh baked apple n' oats bar	> Grilled TurkeyHam & Cheese or "Just Cheese"-V	seasonal fresh fruit	ranchero pinto beans	
oven baked tater tots				sesame carrot and broccoli 'toss		100% Whole Wheat Bread		Southwest pasta with confetti squash medley	fresh baked cinnamon pastry

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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 c

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