



Holy Family Catholic Academy - January 2018

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Happy New Year!!</p>	<p>Student Holiday</p>		<p>> All New Chicken Spaghetti Carbonara w/turkey bacon</p> <p><i>fresh baked</i> whole grain roll</p> <p>> A Big Meatball Sandwich on a Whole Grain Garlic Bulkie Roll</p> <p>> Garlic Pizza Cheese Bread-v</p>	<p>> Cheese Enchiladas w/Chili con Carne or Ranchero Queso-v</p> <p>> Fajita Chicken Wrap</p> <p>> Deluxe Queso Nachos-v with Peppers, Olives, etc (if you like)</p> <p>chunky refried beans</p>	<p>Texican roast potatoes</p> <p>fresh-cut orange wedges</p> <p><i>fresh baked</i> apple churro</p>
<p>> Veggie "Fried" Rice with Grilled Chicken</p> <p>> Charbroiled Burger w/Cheese</p> <p>> Baked Vegetable & Cheese PITA-v</p> <p>whole wheat burger bun, burger fixins</p> <p>oven baked crinkle cut potato "fries"</p>	<p>> Meatballs Romano & Penne Pasta</p> <p><i>fresh baked</i> whole grain roll</p> <p>> Deep Dish Pizza Selections on Whole Grain Crust-v</p> <p>> Garlic "Parm" Chicken Wings</p>	<p>> "Oven-Fried" Chicken over whole grain waffles/syrup</p> <p>> Chopped Beef Sandwich</p> <p>> Grilled Fish Po' Boy</p> <p>> Baked MAC and Cheese-v (entrée or side item)</p>	<p>> Baked Steak Fritters & Brown Gravy</p> <p><i>fresh baked</i> whole wheat roll</p> <p>> Grilled Cheese'wich on Whole Wheat Oat Bread-v</p> <p>> Pasta "Prima Vera Toss"-v (entrée or side item)</p>	<p>> Shredded Chicken Tostada topped with taco salad greenz'</p> <p>> Beef Enchiladarito topped with Queso Ranchero</p> <p>> Bean & Cheese Burrito-v</p> <p>Tex-Mex-style brown rice</p>	<p>frijoles y elote (corn)</p> <p>fresh-cut seasonal melon wedges</p> <p><i>fresh baked</i> cinnamon pastry</p>
<p>Martin Luther King Jr Day</p>	<p>> Homestyle Meatloaf Slice and Gravy</p> <p>> BBQ Pulled Chicken</p> <p>smashed buttered red potatoes</p> <p>> Baked Stuffed Peppers-v (entrée or side item)</p>	<p>> Bistro Chicken "Alfredo" Pasta</p> <p>> Pepperoni or Garlic Cheese-v French Bread Pizza</p> <p>> Tex-Italiano Toast Griller-v</p>	<p>> Signature Oven-Roasted Mississippi Brisket & Sauce served with whole corn tortillas & Euro butter</p> <p>> Turkey Dog/Chili/Cheese</p> <p>oven baked potato "tots"</p> <p>> "Club" or Veggie "Club"-v salad tortilla wrap</p>	<p>> Crunchy Tortilla-Crusted Baked Fish</p> <p>> Grilled Beef & Cheese Burrito</p> <p>> Nacho Chips & Cheese-v</p> <p>wild & brown rice with spinach</p> <p>fresh taco salad greenz' & condiments</p>	<p>cilantro black beans</p> <p>fresh-cut seasonal melon slices</p> <p>pineapple "rightside-up" whole grain cake</p>

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

<p>> Chicken & Corn Chili with Corn Chips</p>	<p>22</p>	<p>> Chicken Pomodoro Lasagna</p>	<p>23</p>	<p>> Mandarin Orange Chicken and steamed brown rice</p>	<p>24</p>	<p>> Savory Gravy Beef Steak</p>	<p>25</p>	<p>> Creamy King Ranch Chicken Enchiladas</p>	<p>26</p>
<p>> American Cheeseburger</p>	<p>steamed whole green beans</p>	<p><i>fresh baked</i> garlic breadsticks</p>	<p>fresh-cut salad greenz' and veggies</p>	<p>> Teriyaki Beef "Sloppy Joe"</p>	<p>fresh-cut cucumber wedges</p>	<p>> Panko Crumb Baked Fish</p>	<p>mashed "3-potato" medley</p>	<p>> Fajita "Steak" Taco</p>	<p>cucumber pico de gallo</p>
<p>> Crispy Falafel "Burger"-v whole wheat burger bun, burger fixins</p>	<p>chilled mixed fruit</p>	<p>> <i>Deep Dish</i> Pizza Selections on Whole Grain Crust-v</p>	<p>Tuscan white beans</p>	<p>> Stir-Fry Veggie Rice w/Egg-v Vegetable Egg Rolls-v</p>	<p>chilled pineapple chunks</p>	<p><i>fresh baked</i> whole wheat roll</p>	<p><i>hint of mint</i> green peas</p>	<p>> Nacho Chips & Cheese-v ranchero pinto beans</p>	<p>fresh red grapes bunch</p>
<p>oven baked tater tots</p>	<p>bakery "surprise"</p>	<p>> Mozzarella Tomato Panini-v</p>	<p>strawberry applesauce</p>	<p>sesame carrot and broccoli 'toss</p>	<p><i>fresh baked</i> apple oat bar</p>	<p>> Grilled TurkeyHam & Cheese or "Just Cheese"-v on Whole Wheat Oat Bread</p>	<p>seasonal fresh fruit</p>	<p>Southwest pasta with confetti squash medley</p>	<p><i>fresh baked</i> cinnamon pastry</p>

"snacks"

fresh baked whole grain

cookies, muffins, and more

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only baked

chips & bagged snacks

<p>> Winter Beef Tips & Potatoes</p>	<p>29</p>	<p>> Smothered Southern Chicken in gravy</p>	<p>30</p>	<p>> Classic Meatsauce & Rigatoni Pasta</p>	<p>31</p>	<p>> Chicken Corny Dog w/whole grain honey batter</p>	<p>1-Feb</p>	<p>> Shredded Brisket & Jack Whole Grain Quesadilla</p>	<p>2-Feb</p>
<p>> Breaded Chicken Breast Nugget Box</p>	<p>oven baked waffle-cut "fries"</p>	<p>> "Chicken-Fried" Steak'wich</p>	<p>California veggie medley</p>	<p><i>fresh baked</i> whole grain roll</p>	<p>fresh Italian "chopped" salad</p>	<p>MAC Daddy Chili Mac Pasta (with or without chili-v)</p>	<p>bbq white beans</p>	<p>> Baja Fish "Street Tacos"</p>	<p>seasoned black beans</p>
<p>> Fresh Fruit Bowl, Cheese Stick & Fruit Yogurt "Bento" Box-v</p>	<p><i>herbed</i> crinkle-cut carrots</p>	<p>> Spicy Lentil Sliders-v</p>	<p>fresh seasonal fruit selections</p>	<p>> Chicken Parmesan Sub on Garlic Whole Grain Roll</p>	<p><i>bit of garlic</i> cut green beans</p>	<p>> Grilled Chicken Caesar Salad</p>	<p>fresh-cut vegetable strips "salad"</p>	<p>> Nacho Chips & Cheese-v</p>	<p>fresh-cut seasonal melon slices</p>
<p><i>fresh baked</i> wheat breadstick</p>	<p>baked apple "cobbler-ish"</p>	<p>Russet baked potato 'halves</p>	<p><i>fresh baked</i> w.g. peach bars</p>	<p>> Pepperoni or Cheese-v Whole Grain Pizza Slices</p>	<p>fresh fruit yogurt parfait</p>	<p><i>fresh baked</i> whole grain soft roll</p>	<p>pears & gelatin</p>	<p>Tex-Mex-style brown rice</p>	<p>Tres-Leches'ish whole grain banana cake</p>

beverages

choices of milk

1%, skim, or flavored fat-free

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100% fruit juices

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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

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



(V) indicates a nonmeat entrée