



Holy Family Catholic Academy - April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>> Baked Chicken Pomodoro Penne <i>fresh baked</i> garlic breadsticks</p> <p>> Deep Dish Pizza Selections on Whole Grain Crust-V</p> <p>> Mozzarella & Tomato Panini-V</p>	<p>3</p> <p>fresh-cut salad greenz' and veggies</p> <p>Tuscan white beans</p> <p>strawberry applesauce</p>	<p>> Mandarin Orange Chicken and steamed brown rice</p> <p>> Confetti Pepper Steak</p> <p>> Stir-Fry Veggie Rice w/Egg-V</p> <p>Vegetable Egg Rolls-V</p> <p>sesame carrot and broccoli 'toss</p>	<p>4</p> <p>fresh-cut cucumber wedges</p> <p>chilled pineapple chunks</p> <p><i>fresh baked</i> apple n' oats bar</p>	<p>> Savory Gravy Beef Steak</p> <p>> Panko Crumb Baked Fish</p> <p><i>fresh baked</i> whole wheat roll</p> <p>> Broccoli Cheese Pasta-V (entrée or side item)</p>
<p>> Steak Ramen Noodle Bowl</p> <p>oven baked waffle-cut "fries"</p> <p>California veggie medley</p> <p>baked apple "crisp"</p> <p><i>fresh baked</i> wheat breadstick</p>	<p>9</p> <p>> Smothered Southern Chicken in gravy</p> <p>> "Chicken Fried" Steak Strips</p> <p>fresh baked whole wheat roll</p> <p>> Spicy Lentil Sliders-V</p> <p>Russet baked potato 'halves</p>	<p>10</p> <p>herbed crinkle-cut carrots</p> <p>fresh seasonal fruit selections</p> <p><i>fresh baked</i> peach & yogurt bars</p>	<p>> Classic Meatsauce & Rigatoni Pasta</p> <p><i>fresh baked</i> whole grain roll</p> <p>> Italian Grilled Chicken & Provolone Sub</p> <p>> Pepperoni or Cheese-V Whole Grain Pizza Slices</p>	<p>11</p> <p>fresh-cut Italian "chopped" salad</p> <p>bit of garlic cut green beans</p> <p>fresh fruit yogurt parfait</p>
<p>> "Breakfast for Lunch" pancakes, egg, & sausage</p> <p>winter squash medley saute</p> <p>fresh raw veggie "salad"</p> <p>chilled pineapple chunks</p>	<p>16</p> <p>> Southwestern Baked Chicken</p> <p>whole wheat tortilla & Euro butter</p> <p>> Beef & Cheese Taco Salad with whole grain tortilla chips</p> <p>> 3'Cheese Grilled Quesadilla-V</p>	<p>17</p> <p>honey & cumin roasted carrots</p> <p>charro pinto beans</p> <p>fresh fruit mix</p> <p>vanilla yogurt w/cookie crumb</p>	<p>> "Chili Pie" Happy Tater Bowl</p> <p>Southern greens saute</p> <p>corn on the cob</p> <p>seasonal apple</p> <p><i>fresh baked</i> carrot spice bites</p>	<p>18</p> <p>> Chicken Spaghetti Carbonara w/turkey bacon</p> <p><i>fresh baked</i> whole grain roll</p> <p>> Marinara Meatball Sub on a Whole Wheat Roll</p> <p>> Garlic Pizza Cheese Bread-V</p>
<p>> Veggie "Fried" Rice with Grilled Chicken</p> <p>chef hot veggie selection</p> <p>fresh raw</p>	<p>23</p> <p>> Meatballs Romano & Penne Pasta</p> <p><i>fresh baked</i> whole grain roll</p> <p>> Garlic "Parmesan" Wings</p> <p>parmesan cauliflower &</p>	<p>24</p> <p>fresh-cut salad greenz' & fresh veggies</p> <p>fresh-cut orange wedges</p>	<p>> "Oven-Fried" Chicken over whole grain waffles/syrup</p> <p>> Brisket n' Beef Sandwich</p> <p>NOLA 'style</p>	<p>25</p> <p>bit of garlic cut green beans</p>
<p>> Honey Battered Corn Dog</p> <p>oven baked diced potatoes</p>	<p>> Open-Faced Tomato & Cheese Texas Toast Melt-V</p>	<p>> Breaded Chicken Breast Tenders Sandwich (with buffalo sauce, if you like it!) whole wheat burger bun</p> <p>> Vegetable "Hot Pocket"-V</p>	<p>> Grilled Chicken Caesar Salad</p> <p>pears & gelatin</p>	<p>19</p> <p>fresh Caesar Salad</p> <p>green bean & carrot medley</p> <p>chilled mixed fruit</p> <p>Italian chocolate cake squares</p>
<p>> Baked Chicken Breast Nugget Box</p> <p>> Fresh Fruit Bowl, Cheese Stick & Fruit Yogurt "Bento" Box-V</p>	<p>> Shredded Brisket & Jack Whole Grain Quesadilla</p> <p>> Baja Fish "Street Tacos" w/corn tortillas, taco greenz' and salsa</p> <p>> Nacho Chips & Cheese-v</p> <p>Tex-Mex-style brown rice</p>	<p>12</p> <p>bbq white beans</p> <p>fresh-cut vegetable strips "salad"</p>	<p>> Chili "MAC Daddy" Pasta</p> <p>> Grilled Cheese'wich on Whole Wheat Oat Bread-v</p> <p>> Grilled Chicken Caesar Salad</p> <p><i>fresh baked</i> whole grain soft roll</p>	<p>13</p> <p>seasoned black beans</p> <p>fresh-cut seasonal melon slices</p> <p>Tres-Leches'ish whole grain banana cake</p>
<p>> Baked Cheese n' Veg PITA-V</p>	<p>> Shredded Chicken Tostada topped with taco salad greenz'</p> <p>> Beef Enchiladarito topped with Smoky Red Sauce</p>	<p>26</p> <p>mashed "3-potato" medley</p> <p>herbed peas & carrots</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</p>	<p>27</p> <p>frijoles y elote (corn)</p> <p>fresh-cut seasonal melon</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

"snacks"

- fresh baked* whole grain
- cookies, muffins, and more

whole wheat burger bun, burger fixins oven baked sweet potato "crinkle cuts"	veggie sticks seasonal fresh fruit	> Deep Dish Pizza Selections on Whole Grain Crust-V	cauliflower & broccoli chilled mixed fruit	> Grilled Fish Po' Boy > Baked MAC and Cheese-V (entrée or side item)	red beans chilled peach slices	On Whole Wheat Crust Bread-V > Pasta "Prima Vera Toss"-V (entrée or side item)	fresh grapes rainbow gelatin cup	> Bean & Cheese Burrito-V Tex-Mex-style brown rice	seasonal melon wedges fresh baked cinnamon pastry	** only baked chips & bagged snacks
---	---------------------------------------	---	---	--	-----------------------------------	---	-------------------------------------	---	--	---

> Beef Tips over Butter Noodles	30 confetti corn saute	> Homestyle Meatloaf Slice and Gravy	1-May herbed carrot coins	> Bistro Chicken "Alfredo" Pasta fresh baked whole grain roll	2-May fresh-cut Caesar Salad with croutons	> Signature Oven-Roasted Mississippi Brisket & Sauce served with whole corn tortillas & Euro butter	3-May oven baked potato wedges	> Crunchy Tortilla-Crusted Baked Fish	4-May cilantro black beans	<u>beverages</u> choices of milk 1%, skim, or flavored fat-free ** 100% fruit juices ** bottled water
> Baked Chicken Breast Nugget Box	fresh baked wheat breadstick	> Texas BBQ Chicken Sandwich on Whole Wheat Bun	fresh baked whole corn cornbread seasonal fresh fruit	> Pepperoni or Garlic Cheese-v French Bread Pizza	Italian vegetable medley	> All-Beef Chili Cheese Dog	cowboy "baked beans"	> Grilled Beef & Cheese Burrito	fresh-cut seasonal melon slices	
> Cheddar & Potato Po' Boy-V fresh-cut vegetable sticks & dipper	chilled pear slices fresh baked whole grain cookie	smashed buttered red potatoes > Baked Stuffed Pepper-V (entrée or side item)	fresh baked pineapple crumb bar	> Italiano-Tex Toast Griller-V	fresh fruit yogurt parfait	> Ranch Chicken Tortilla Wrap* * V-version offered	fresh banana fresh baked cinnamon roll bites	> Nacho Chips & Cheese-V wild & brown rice with spinach fresh taco salad greenz' & condiments	pineapple "rightside-up" whole grain cake	

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

