



Holy Family Catholic Academy May 2018

Monday

Tuesday

Wednesday

Thursday

Friday

		1		2		3		4
	> Homestyle Meatloaf Slice and Gravy	<i>herbed carrot coins</i>	> Bistro Chicken "Alfredo" Pasta	<i>fresh-cut Caesar Salad with croutons</i>	> Signature Oven-Roasted Mississippi Brisket & Sauce served with whole corn tortillas & Euro butter	<i>oven baked potato wedges</i>	> Crunchy Tortilla-Crusted Baked Fish	<i>cilantro black beans</i>
	> Texas BBQ Chicken Sandwich on Whole Wheat Bun	<i>fresh baked whole corn combread</i>	> Pepperoni or Garlic Cheese-v French Bread Pizza	<i>Italian vegetable medley</i>	> All-Beef Chili Cheese Dog	<i>cowboy "baked beans"</i>	> Grilled Beef & Cheese Burrito	<i>fresh-cut seasonal melon slices</i>
	smashed buttered red potatoes	<i>seasonal fresh fruit</i>	> Italiano-Tex Toast Griller-V	<i>fresh fruit yogurt parfait</i>	> Ranch Chicken Tortilla Wrap*	<i>fresh banana</i>	> Nacho Chips & Cheese-V	<i>wild & brown rice with spinach</i>
	> Baked Stuffed Pepper-V (entrée or side item)	<i>fresh baked pineapple crumb bar</i>			<i>* V-version offered</i>	<i>fresh baked cinnamon roll bites</i>	<i>fresh taco salad greenz' & condiments</i>	<i>pineapple "rightside-up" whole grain cake</i>

	7		8		9		10		11
> Chicken & Corn Chili with Corn Chips	<i>steamed whole green beans</i>	> Baked Chicken Pomodoro Penne	<i>fresh-cut salad greenz' and veggies</i>	> Mandarin Orange Chicken and steamed brown rice	<i>fresh-cut cucumber wedges</i>	> Savory Gravy Beef Steak	<i>roasted red potatoes</i>	> Creamy King Ranch Chicken	<i>cucumber pico de gallo</i>
> American Cheeseburger		<i>fresh baked garlic breadsticks</i>	> Confetti Pepper Steak	> Stir-Fry Veggie Rice w/Egg-V	<i>chilled pineapple chunks</i>	> Panko Crumb Baked Fish	<i>hint of mint green peas</i>	> Fajita "Steak" Taco	
> Crispy Falafel "Burger"-V	<i>chilled mixed fruit</i>	> Deep Dish Pizza Selections on Whole Grain Crust-V	<i>Tuscan white beans</i>	Vegetable Egg Rolls-V		<i>fresh baked whole wheat roll</i>	<i>seasonal fresh fruit</i>	> Nacho Chips & Cheese-V	<i>fresh red grapes bunch</i>
<i>whole wheat burger bun, burger fixins</i>	<i>bakery "surprise"</i>	> Mozzarella & Tomato Panini-V	<i>strawberry applesauce</i>	<i>sesame carrot and broccoli 'toss</i>	<i>fresh baked apple n' oats bar</i>	> Broccoli Cheese Pasta-V (entrée or side item)		<i>rancho pinto beans</i>	
<i>oven baked tater "tots"</i>								<i>el arroz amarillo con vegetals</i>	<i>fresh baked cinnamon pastry</i>

	14		15		16		17		18
> Steak Ramen Noodle Bowl	<i>oven baked waffle-cut "fries"</i>	> Smothered Southern Chicken in gravy	<i>herbed crinkle-cut carrots</i>	> Classic Meatsauce & Rigatoni Pasta	<i>fresh-cut Italian "chopped" salad</i>	> Chili "MAC Daddy" Pasta	<i>bbq white beans</i>	> Shredded Brisket & Jack Whole Grain Quesadilla	<i>seasoned black beans</i>
> Baked Chicken Breast Nugget Box	<i>California veggie medley</i>	> "Chicken Fried" Steak Strips	<i>fresh seasonal fruit selections</i>	> Italian Grilled Chicken & Provolone Sub	<i>bit of garlic cut green beans</i>	> Grilled Cheese'wich on Whole Wheat Oat Bread-v	<i>fresh-cut vegetable strips "salad"</i>	> Baja Fish "Street Tacos"	<i>fresh-cut seasonal melon slices</i>
> Fresh Fruit Bowl, Cheese Stick & Fruit Yogurt "Bento" Box-V	<i>baked apple "crisp"</i>	> Spicy Lentil Sliders-V	<i>fresh baked peach & yogurt bars</i>	> Pepperoni or Cheese-V Whole Grain Pizza Slices	<i>fresh fruit yogurt parfait</i>	> Grilled Chicken Caesar Salad	<i>pears & gelatin</i>	> Nacho Chips & Cheese-v	<i>Tres-Leches'ish whole grain banana cake</i>
<i>fresh baked wheat breadstick</i>		<i>Russet baked potato 'halves</i>				<i>fresh baked whole grain soft roll</i>		<i>Tex-Mex-style brown rice</i>	



	21		22		23		24		25
> "Breakfast for Lunch" <i>pancakes, egg, & sausage</i>	<i>winter squash</i>	> Southwestern Baked Chicken	<i>honey & cumin</i>	> "Chili Pie" Happy Tater Bowl	<i>Southern greens</i>	> Chicken Spaghetti Carbonara w/turkey bacon	<i>esh Caesar Salad</i>	> Cheese Enchiladas w/Chili con Carne or Queso Ranchero-V	<i>Texican roast</i>

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

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

<u>"snacks"</u>

> Honey Battered Corn Dog oven baked diced potatoes	medley saute	whole wheat tortilla & Euro butter	roasted carrots	> Breaded Chicken Breast Tenders Sandwich <i>(with buffalo sauce, if you like it!)</i> whole wheat burger bun	saute	fresh baked whole grain roll	green bean & carrot medley	> Fajita Chicken Wrap	potatoes	fresh baked whole grain
> Open-Faced Tomato & Cheese Texas Toast Melt-V	fresh raw veggie "salad"	> Beef & Cheese Taco Salad <i>with whole grain tortilla chips</i>	charro pinto beans	> Vegetable "Hot Pocket"-V	corn on the cob	> Marinara Meatball Sub on a Whole Wheat Roll	chilled mixed fruit	> Deluxe Queso Nachos-v with Peppers, Olives, etc (if you like)	fresh-cut orange wedges	cookies, muffins, and more
	chilled pineapple chunks	> 3'Cheese Grilled Quesadilla-V	fresh fruit mix		seasonal apple	> Garlic Pizza Cheese Bread-V	Italian chocolate cake squares	creamy house-made refried beans	fresh baked apple churro	** only baked chips & bagged snacks

	28	> Meatballs Romano & Penne Pasta <i>fresh baked whole grain roll</i>	29	> "Oven-Fried" Chicken over whole grain waffles/syrup	30		31		beverages choices of milk 1%, skim, or flavored fat-free ** 100% fruit juices ** bottled water
		> Garlic "Parmesan" Wings	fresh-cut salad greenz' & fresh veggies	> Brisket n' Beef Sandwich	bit of garlic cut green beans				
	> Deep Dish Pizza Selections on Whole Grain Crust-V	parmesan cauliflower & broccoli	> Grilled Fish Po' Boy	NOLA 'style red beans					
			chilled mixed fruit	> Baked MAC and Cheese-V (entrée or side item)	chilled peach slices				

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

