March 2018 -St. Rita Catholic School

Monday	Tuesday	Wednesday	Thursday	Friday
			1 > 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 mashed "3-potato" medley *hint of mint* green peas seasonal fresh fruit	**2** > King Ranch Style Cheese Enchiladas > "Oven Fried" Fish Taco > Nacho Chips & Cheese-V ranchero pinto beans Southwest pasta with confetti squash medley cucumber pico de gallo fresh red grapes bunch *fresh baked* cinnamon pastry
> Winter Beef Tips & Potatoes > Breaded Chicken Breast Nugget Box > Fresh Fruit Bowl, Cheese Stick & Fruit Yogurt "Bento" Box-V *fresh baked* wheat breadstick **5** oven baked waffle-cut "fries" *herbed* crinkle-cut carrots baked apple "crisp"	> Smothered Southern Chicken in gravy > "Chicken-Fried" Steak'wich whole wheat burger bun, burger fixins > Spicy Lentil Sliders-V Russet baked potato 'halves **6** California veggie medley fresh seasonal fruit selections *fresh baked* peach & yogurt bars	> Classic Meatsauce & Rigatoni Pasta *fresh baked* whole grain roll > Chicken Parmesan Sub on Garlic Whole Grain Roll > Pepperoni or Cheese-V Whole Grain Pizza Slices **7** fresh Italian "chopped" salad *bit of garlic* cut green beans fresh fruit yogurt parfait	> 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 **8** bbq white beans fresh-cut vegetable strips "salad" pears & gelatin	**9**
12	**13**	**14**	**15**	**16**
> Veggie "Fried" Rice with Grilled Chicken > Charbroiled Burger w/Cheese > Baked Vegetable & Cheese PITA-V whole wheat burger bun, burger fixins oven baked "crinkle cut" potato fries **19** chef hot veggie selection fresh raw veggie sticks seasonal fresh fruit	> Meatballs Romano & Penne Pasta *fresh baked* whole grain roll > *Deep Dish* Pizza Selections on Whole Grain Crust-V > Garlic "Parm" Chicken Wings **20** fresh-cut salad greenz' & fresh veggies parmesan cauliflower & broccoli chilled mixed fruit	> "Oven-Fried" Chicken over whole grain waffles/syrup > Chopped BBQ Beef Sandwich > Grilled Fish Po' Boy > Baked MAC and Cheese-V (entrée or side item) **21** *bit of garlic* cut green beans NOLA 'style red beans chilled peach slices	> Baked Steak Fritters & Brown Gravy *fresh baked* whole wheat roll > Grilled Cheese'wich on Whole Wheat Oat Bread-v > Pasta "Prima Vera Toss"-V (entrée or side items **22** mashed "3-potato" medley *herbed* peas & carrots fresh grapes rainbow gelatin cup	> Queso Cheese Pizza Tostada topped with taco salad greenz' > Cheese Enchiladarito topped with Queso Ranchero Sauce > Bean & Cheese Burrito-V Tex-Mex-style brown rice **23** frijoles y elote (corn) fresh-cut seasonal melon wedges *fresh baked* cinnamon pastry
> Breaded Chicken Breast Nugget Box > Asian 'style Beef over Vegetable Stir-Fry Noodles > Cheddar & Potato Po' Boy-V fresh-cut vegetable sticks & dipper **26** confetti corn saute *fresh baked* wheat breadstick chilled pear slices *fresh baked* whole grain cookie	> 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) **27** *herbed* carrot coins *fresh baked* whole corn cornbread seasonal fresh fruit *fresh baked* pineapple crumb bar	> Bistro Chicken "Alfredo" Pasta *fresh baked* whole grain roll > Pepperoni or Garlic Cheese-v French Bread Pizza > Tex-Italiano Toast Griller-V **28** fresh Caesar Salad with croutons Italian vegetable medley fresh fruit yogurt parfait	**29**	**30**

daily deli 'wiches

turkey & Jack on a *fresh baked* whole grain roll

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turkeyham & cheddar on whole wheat oat bread

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chicken or tuna salad on whole grain bagel

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hummus or cheese and salad tortilla roll-up

daily deli salads

daily salad bar, or fresh salad greenz' box

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fresh-cut veggies with ranch & hummus box

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fresh-cut fruit salad box

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cheese & crackers with fresh fruit bow

"snacks"

fresh baked whole grain cookies, muffins, and more

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only baked chips & bagged snacks

beverages

choices of milk

1%, skim, or flavored fat-free

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100% fruit juices

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bottled water

Spring Break

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