



February 2018 - St. Rita Catholic School

Monday

Tuesday

Wednesday

Thursday

Friday

					> Chicken Corny Dog herb sweet potato "home fries"	1	> Shredded Brisket & Jack Whole Grain Quesadilla	2
					MAC Daddy Chili Mac Pasta (with or without chili-v)	bbq white beans	> Baja Fish "Street Tacos" w/corn tortillas, taco greenz' and salsa	seasoned black beans
					> Grilled Chicken Caesar Salad fresh baked whole grain soft roll	fresh-cut vegetable strips "salad"	> Nacho Chips & Cheese-V Tex-Mex-style brown rice	fresh-cut seasonal melon slices Tres-Leches'ish whole grain banana cake
> "Breakfast for Lunch" pancakes, egg, & sausage	5	> Southwestern Baked Chicken whole wheat tortilla & Euro butter	6	> "Chili Pie" Happy Tater Bowl	7	> All New Chicken Spaghetti Carbonara w/turkey bacon fresh baked whole grain roll	8	> Cheese Enchiladas w/Chili con Carne or Queso Ranchero-V
> Texas BBQ Cheddar' Steakburger on fresh baked whole grain sub bun	winter squash medley saute		honey & cumin roasted carrots	> Breaded Chicken Breast Tenders Sandwich (with buffalo sauce, if you like it!) whole wheat burger bun	Southern greens saute	fresh Caesar Salad	> Fajita Chicken Wrap	Texican roast potatoes
> Open-Faced Tomato & Cheese Texas Toast Melt-V oven baked diced potatoes	fresh raw veggie "salad"	> Beef & Cheese Taco Salad with whole grain tortilla chips	charro pinto beans	> Vegetable "Hot Pocket"-V	corn on the cob	green bean & carrot medley	> Deluxe Queso Nachos-V with Peppers, Olives, etc. (if you like)	fresh-cut orange wedges
	chilled pineapple chunks	> 3'Cheese Grilled Quesadilla-V	fresh fruit mix		seasonal apple	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 fresh baked whole grain roll	13	** Ash Wednesday **	14		15	16
> Charbroiled Burger w/Cheese	chef hot veggie selection	> Deep Dish Pizza Selections on Whole Grain Crust-V	fresh-cut salad greenz' & fresh veggies	> "Oven-Fried" Fish Filets over whole grain waffles/syrup	bit of garlic cut green beans			
> Baked Vegetable & Cheese PITA-V whole wheat burger bun, burger fixins oven baked "crinkle cut" potato fries	fresh raw veggie sticks	> Garlic "Parm" Chicken Wings	parmesan cauliflower & broccoli	> Grilled Fish Sandwich	NOLA 'style red beans			
	seasonal fresh fruit		chilled mixed fruit	> Vegetable/Cheese Po' Boy-V	chilled peaches			
				> Baked MAC and Cheese-V (entrée or side item)	KING CAKE!			
	19	> Homestyle Meatloaf Slice and Gravy	20	> Bistro Chicken "Alfredo" Pasta fresh baked whole grain roll	21	> Signature Oven-Roasted Mississippi Brisket & Sauce served with whole corn tortillas & Euro butter	22	> Crunchy Tortilla-Crusted Baked Fish
President's Day		> BBQ Pulled Chicken fresh baked whole wheat roll	herbed carrot coins	> Pepperoni or Garlic Cheese-V French Bread Pizza	fresh Caesar Salad with croutons	> Turkey Dog/Chili/Cheese oven baked potato "tots"	cowboy "baked beans"	> Grilled 3-Cheese 'Dilla-V
		> Baked Stuffed Pepper-V (entrée or side item)	fresh baked whole corn cornbread	> Tex-Italiano Toast Griller-V	Italian vegetable medley	> "Club" or Veggie "Club"-V salad tortilla wrap	fresh banana	> Nacho Chips & Cheese-V wild & brown rice with spinach fresh taco salad greenz' & condiments
			seasonal fresh fruit		fresh fruit yogurt parfait		fresh baked cinnamon roll bites	
			fresh baked pineapple crumb bar					
> Chicken & Corn Chili with Corn Chips	26	> Chicken Pomodoro Lasagna fresh baked garlic breadsticks	27	> Mandarin Orange Chicken and steamed brown rice	28	> Savory Gravy Beef Steak	1-Mar	> Creamy King Ranch-style Cheese Enchiladas-V
> American Cheeseburger	steamed whole green beans	> Deep Dish Pizza Selections on Whole Grain Crust-V	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
> Crispy Falafel "Burger"-V whole wheat burger bun, burger fixins oven baked tater tots	chilled mixed fruit	> Mozzarella & Tomato Panini-V	Tuscan white beans	> Stir-Fry Veggie Rice w/Egg-V Vegetable Egg Rolls-V sesame carrot and broccoli 'toss	chilled pineapple chunks	> Grilled TurkeyHam & Cheese or "Just Cheese"-V on 100% Whole Wheat Bread	hint of mint green peas	> Nacho Chips & Cheese-V ranchero pinto beans Southwest pasta with confetti squash medley
	bakery "surprise"		strawberry applesauce		fresh baked apple n' oats bars		seasonal fresh fruit	fresh red grapes bunch
								fresh baked cinnamon pastry

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 bowl

"snacks"
fresh baked whole grain cookies, muffins, and more
**
only baked chips & bagged snacks

beverages
choices of milk 1%, skim, or flavored fat-free
**
100% fruit juices
**
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

(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