



St. Rita Catholic School - 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>> Confit Pepper Steak</p> <p>> Stir-Fry Veggie Rice w/Fennel-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>5</p> <p>roasted red potatoes</p> <p><i>hint of mint</i> green peas</p> <p>seasonal fresh fruit</p>	<p>6</p> <p>> Creamy King Ranch Chicken</p> <p>> Fajita "Steak" Taco</p> <p>> Nacho Chips & Cheese-V</p> <p>ranchero pinto beans</p> <p>el arroz amarillo con vegetals</p> <p>cucumber pico de gallo</p> <p>fresh red grapes bunch</p> <p><i>fresh baked</i> cinnamon pastry</p>		
<p>> Steak Ramen Noodle Bowl</p> <p>> Baked Chicken Breast Nugget Box</p> <p>> Fresh Fruit Bowl, Cheese Stick & Fruit Yogurt "Bento" Box-V</p> <p><i>fresh baked</i> wheat breadstick</p>	<p>9</p> <p>oven baked waffle-cut "fries"</p> <p>California veggie medley</p> <p>baked apple "crisp"</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><i>bit of garlic</i> cut green beans</p> <p>fresh fruit yogurt parfait</p>	<p>12</p> <p>> Chili "MAC Daddy" Pasta</p> <p>> Grilled Cheese w/ich on Whole Wheat Oat Bread-v</p> <p>> Grilled Chicken Caesar Salad</p> <p><i>fresh baked</i> whole grain soft roll</p> <p>bbq white beans</p> <p>fresh-cut vegetable strips "salad"</p> <p>pears & gelatin</p>	<p>13</p> <p>Early Dismissal</p>	
<p>> "Breakfast for Lunch" <i>pancakes, egg, & sausage</i></p> <p>> Honey Battered Corn Dog</p> <p>oven baked diced potatoes</p> <p>> Open-Faced Tomato & Cheese Texas Toast Melt-V</p>	<p>16</p> <p>winter squash medley saute</p> <p>fresh raw veggie "salad"</p> <p>chilled pineapple chunks</p>	<p>> Southwestern Baked Chicken</p> <p>whole wheat tortilla & Euro butter</p> <p>> Beef & Cheese Taco Salad <i>with whole grain tortilla chips</i></p> <p>> 3-Cheese Grilled Quesadilla-V</p>	<p>17</p> <p><i>honey & cumin</i> 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>> Breaded Chicken Breast Tenders Sandwich <i>(with buffalo sauce, if you like it!)</i> whole wheat burger bun</p> <p>> Vegetable "Hot Pocket"-V</p>	<p>18</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>19</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>fresh Caesar Salad</p> <p>green bean & carrot medley</p> <p>chilled mixed fruit</p> <p>Italian chocolate cake squares</p>	<p>20</p> <p>> Cheese Enchiladas w/Chili con Carne or Queso Ranchero-V</p> <p>> Fajita Chicken Wrap</p> <p>> Deluxe Queso Nachos-v with Peppers, Olives, etc (if you like)</p> <p>creamy house-made 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 Cheese n' Veg PITA-V</p> <p>whole wheat burger bun, burger fixins</p> <p>oven baked sweet potato "crinkle cuts"</p>	<p>23</p> <p>chef hot veggie selection</p> <p>fresh raw veggie sticks</p> <p>seasonal fresh fruit</p>	<p>> Meatballs Romano & Penne Pasta</p> <p><i>fresh baked</i> whole grain roll</p> <p>> Garlic "Parmesan" Wings</p> <p>> Deep Dish Pizza Selections on Whole Grain Crust-V</p>	<p>24</p> <p>fresh-cut salad greenz' & fresh veggies</p> <p>parmesan cauliflower & broccoli</p> <p>chilled mixed fruit</p>	<p>> "Oven-Fried" Chicken</p> <p>over whole grain waffles/syrup</p> <p>> Brisket n' Beef Sandwich</p> <p>> Grilled Fish Po' Boy</p> <p>> Baked MAC and Cheese-V (entrée or side item)</p>	<p>25</p> <p><i>bit of garlic</i> cut green beans</p> <p>NOLA 'style red beans</p> <p>chilled peach slices</p>	<p>> Baked Steak Fritters & Brown Gravy</p> <p><i>fresh baked</i> whole wheat roll</p> <p>> Grilled Cheese w/ich on Whole Wheat Oat Bread-v</p> <p>> Pasta "Prima Vera Toss"-V (entrée or side item)</p>	<p>26</p> <p>mashed "3-potato" medley</p> <p>herbed peas & carrots</p> <p>fresh grapes</p> <p>rainbow gelatin cup</p>	<p>27</p> <p>Tostada topped with taco salad greenz'</p> <p>> Beef Enchiladrito topped with Smoky Red Sauce</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>> Beef Tips over Butter Noodles</p> <p>> Baked Chicken Breast Nugget Box</p> <p>> Cheddar & Potato Po' Boy-V</p> <p>fresh-cut vegetable sticks & dipper</p>	<p>30</p> <p>confetti corn saute</p> <p><i>fresh baked</i> wheat breadstick</p> <p>chilled pear slices</p> <p><i>fresh baked</i> whole grain cookie</p>	<p>> Homestyle Meatloaf Slice and Gravy</p> <p>> Texas BBQ Chicken Sandwich on Whole Wheat Bun</p> <p>smashed buttered red potatoes</p> <p>> Baked Stuffed Pepper-V (entrée or side item)</p>	<p>1-May</p> <p>herbed carrot coins</p> <p><i>fresh baked</i> whole corn</p> <p>seasonal fresh fruit</p> <p><i>fresh baked</i> pineapple crumb bar</p>	<p>> Bistro Chicken "Alfredo" Pasta</p> <p><i>fresh baked</i> whole grain roll</p> <p>> Pepperoni or Garlic Cheese-v French Bread Pizza</p> <p>> Italiano-Tex Toast Griller-V</p>	<p>2-May</p> <p>fresh-cut Caesar Salad with croutons</p> <p>Italian vegetable medley</p> <p>fresh fruit yogurt parfait</p>	<p>> Signature Oven-Roasted Mississippi Brisket & Sauce</p> <p>served with whole corn tortillas & Euro butter</p> <p>> All-Beer Chili Cheese Dog</p> <p>> Ranch Chicken Tortilla Wrap*</p> <p>* V-version offered</p>	<p>3-May</p> <p>oven baked potato wedges</p> <p>cowboy "baked beans"</p> <p>fresh banana</p> <p>fresh baked cinnamon roll bites</p>	<p>4-May</p> <p>Early Dismissal</p>

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

**

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