

Our Lady of Mount Carmel October 2017 Lunch Menu

Kitchen Manager: Loretta Gluckstein
lgluckstein@olmcapnj.org



What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

*Vegetables may include:
Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber
*May choose two 1/2 cup servings


*Fruits may include:
Fresh Apples
Sliced Peaches
Mixed Fruit
Orange Wedges
Banana
Pineapple Tidbits
Diced Pears
Applesauce
*May choose one 1/2 cup serving

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
		1 Pasta w/ Meat Sauce & Garlic Bread Garlic Green Beans Pineapple Tidbits Milk Variety	2 Tuna Patties on a Roll Garbanzo Beans Applesauce Milk Variety	3 12:30 Early Dismissal Faculty Meeting	Offered Daily: Peanut Butter & Jelly Sandwich Bagel with String Cheese
6 Chili Con Carne over Brown Rice Pinto Beans Mandarin Oranges Milk Variety	7 Ham & Cheddar Rollups w/ a Biscuit Sweet Corn Sliced Pears Milk Variety	8 Sweet & Spicy BBQ Chicken Bowl over Brown Rice Sweet Potato Oven Fries Milk Variety	9 Turkey Nachos w/ Cheddar & Salsa Red Beans & Rice Mixed Fruit Milk Variety	10 Santino's Cheese Pizza Crisp Caesar Salad Red Delicious Apples Milk Variety	
13 Bird's Nest Roasted Sweet Potatoes and Apples Seasoned Black Beans Applesauce Milk Variety	14 Breakfast for Lunch Pancakes w/ Sausage Links Tater Tots Chilled Fruit Juice Milk Variety	15 Chicken & Broccoli Alfredo w/ Garlic Bread Herbed Peas Fresh Apples Milk Variety	16 Chicken Parmesan Sandwich Garlic Green Beans Diced Pears Milk Variety	17 Cheese / Pepperoni Pizza Crisp Caesar Salad Red Delicious Apples Milk Variety	
20 Turkey Nachos w/ Cheese & Salsa Red Beans & Rice Mixed Fruit Milk Variety	21 Harvest Feast Menu Oven Roasted Turkey w/ Stuffing Mashed Potatoes Green Beans Apple Cobbler Milk Variety	22 12:30 Early Dismissal	23 Thanksgiving Vacation School Closed	24 Thanksgiving Vacation School Closed	 Whole Grains Available Daily
27 Jamaican Pork over Brown Rice Collard Greens Pineapples Milk Variety	28 Tuna & Cheddar Grinder Refried beans Fresh Seasonal Fruit Milk Variety	29 Beef & Broccoli over Brown Rice Spiced Garbanzo Beans Mixed Fruit Milk Variety	30 Buffalo Chicken Dip Roasted Carrots Chilled Fruit Juice Milk Variety		The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE
Monday Ham & Cheese Sandwich	Tuesday Chicken Nuggets w/ Bread Slice	Wednesday Hot Dogs on a WG Bun	Thursday Hamburger / Cheeseburger on a WG Bun	Friday Tuna Sliders	Lunch Prices: Paid \$2.75 Reduced \$.40 Adult:3.25

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October 2017 Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	2 Pancakes w/ Syrup Chilled Juice or Fruit Low Fat Milk	3 12:30 Early Dismissal Faculty Meeting
6 Columbus Day School Closed	7 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	8 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	9 Pancakes w/ Syrup Chilled Juice or Fruit Low Fat Milk	10 Waffles with Syrup Chilled Juice or Fruit Low Fat Milk
13 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	14 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	15 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	16 Pancakes w/ Syrup Chilled Juice or Fruit Low Fat Milk	17 Waffles with Syrup Chilled Juice or Fruit Low Fat Milk
20 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	21 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	22 12:30 Early Dismissal	23 Thanksgiving Vacation School Closed	24 Thanksgiving Vacation School Closed
27 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	28 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	29 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	30 Pancakes w/ Syrup Chilled Juice or Fruit Low Fat Milk	

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk
(1/2 of your fruit serving can be 100% Juice)
Variety of Fresh Fruit, 100% Fruit Juice and
Canned Fruits available daily.

Daily Alternate Options:

Bagel with Cream Cheese
Assorted Whole Grain Cereal with Belly Bears
Muffin Top



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

Proud to manage your
food service program



Meal Prices:
Paid \$1.50
Reduced \$.30

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MENUS SUBJECT TO CHANGE



Whole Grains Available Daily