

# 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
2 Chicken Fajitas w/ WG Tortilla Seasoned Black Beans Diced Peaches Milk variety	3 Beef Nachos w/ Bread Slice Peas & Carrots Pineapple Bits Milk Variety	4 Pasta Primavera w/ a Dinner Roll Garlic Green Beans Mandarin Oranges Milk Variety	5 Chicken Quesadilla Casserole Sweet Corn Diced Peaches Milk Variety	6 Cheese / Pepperoni Pizza Crisp Caesar Salad Red Delicious Apples Milk Variety	Offered Daily:  Peanut Butter & Jelly Sandwich  Bagel with String Cheese
9 <b>Columbus Day</b>  <b>School Closed</b>	10 Tuna Mac n. Cheese w/ a Roll Roasted Broccoli Seasonal Fruit Salad Milk Variety	11 Beef & Bean Chili w/ a Roll Glazed Carrots Sweet Pears Milk Variety	12 Arroz Con Pollo Sweet Corn Mixed Fruit Milk Variety	13 Cheese / Pepperoni Pizza Crisp Caesar Salad Red Delicious Apples Milk Variety	
16 Turkey a la King w/ Dinner Roll Refried Beans Cinnamon Applesauce Milk Variety	17 Lasagna w/ Garlic Bread Herb Peas Diced Carrots Apple Crisp Milk Variety	18 Chicken and Biscuits Collard Greens Fresh Fruit Salad Milk Variety	19 Turkey Soft Tacos Refried Beans Petite Bananas Milk Variety	20 Vegetable Stromboli w/ Marinara Caesar Salads Strawberries & Cream Milk Variety	
23 Chicken Cheesesteak Oven Baked Curly Fries Mandarin Oranges Milk Variety	24 Pizza Pasta Bake w/ Dinner Roll Vegetarian Beans Crisp Apple Slices Milk Variety	25 Roast Turkey w/ Stuffing Sweet Potato Casserole Mixed Fruit Milk Variety	26 <b>Breakfast for Lunch</b> <b>French toast w/ Turkey Sausage Tater Tots</b> <b>100% Chilled Fruit Juice</b> Milk Variety	27 Professional Development School Closed	 <b>Whole Grains Available Daily</b>
30 Beef Ravioli w/ Marinara & Bread Slice Garlic Green Beans Pineapple Bits Milk Variety	31 Grilled Cheese w/ Tomato Soup Green Beans Apple Cobbler 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
<b>Monday</b> Turkey & Cheese Sandwich	<b>Tuesday</b> Chicken Nuggets w/ Bread Slice	<b>Wednesday</b> Hot Dogs on a WG Bun	<b>Thursday</b> Hamburger / Cheeseburger on a WG Bun	<b>Friday</b> Tuna Sliders	<b>Lunch Prices:</b> <b>Paid \$2.75</b> <b>Reduced \$.40</b> <b>Adult:3.25</b>

# Our Lady of Mount Carmel

## October 2017 Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	3 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	4 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	5 Pancakes w/ Syrup Chilled Juice or Fruit Low Fat Milk	6 Waffles with Syrup Chilled Juice or Fruit Low Fat Milk
9 <b>Columbus Day School Closed</b>	10 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	11 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	12 Pancakes w/ Syrup Chilled Juice or Fruit Low Fat Milk	13 Waffles with Syrup Chilled Juice or Fruit Low Fat Milk
16 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	17 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	18 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	19 Pancakes w/ Syrup Chilled Juice or Fruit Low Fat Milk	20 Waffles with Syrup Chilled Juice or Fruit Low Fat Milk
23 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	24 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	25 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	26 Pancakes w/ Syrup Chilled Juice or Fruit Low Fat Milk	27 Professional Development School Closed
30 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	31 Breakfast Pizza 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