

Our Lady of Mount Carmel February 2018 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 Arroz Con Pollo w/ a Roll Crisp Caesar Salad Mandarin Oranges Milk Variety	2 Faculty Training Early Dismissal	Offered Daily: Peanut Butter & Jelly Sandwich Bagel with String Cheese
5 Chicken Fajitas w/ Brown Rice Salsa Green Beans Sweet Peaches Milk Variety	6 Pasta Primavera w/ a Roll Carrots Chilled Fruit Juice Milk Variety	7 Chicken & Cheese "Totchos" w/ a Roll Refried Beans Applesauce Milk Variety	8 Ham & Mashed Potato Rollups w/ a Roll Sweet Corn Red Delicious Apples Milk Variety	9 Cheese / Pepperoni Pizza Crisp Caesar Salad Mandarin Oranges Milk Variety	
12 Beef Ravioli w/ a Roll Herbed Peas Mixed Fruit Mil Variety	13 Buffalo Grilled Cheese Seasoned Black Beans Sweet Sliced Pears Milk Variety	14 Breakfast for Lunch Pancakes with Sausage Links Tater Tots Chilled Fruit Juice Milk Variety	15 Roast Turkey with Gravy Sweet Potato Casserole Sliced Pears Milk Variety	16 Cheese / Pepperoni Pizza Crisp Caesar Salad Mandarin Oranges Milk Variety	
19 President's Day NO SCHOOL	20 Grilled Cheese w/ Tomato Soup Seasoned Garbanzo Beans Mixed Fruit Milk Variety	21 Sloppy Joe's on a WG Hamburger Bun Black & White Bean Salad Pineapples Milk Variety	22 Mac-n-Cheese w/ a Roll Stewed Tomatoes Sweet Pea & Brown Rice Salad Petite Bananas Milk Variety	23 Cheese / Pepperoni Pizza Crisp Caesar Salad Mandarin Oranges Milk Variety	 Whole Grains Available Daily
26 Pasta w/ Meat Sauce w/ Garlic Bread Garlic Green Brans Sliced Peaches Milk Variety	27 Teriyaki Chicken over Brown Rice Roasted Broccoli Mandarin Oranges Milk Variety	28 Lasagna w/ Garlic Bread Caesar Salad 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
Monday Hot Ham & Cheese Sandwich on WG Bread	Tuesday Turkey & Cheese Wraps on WG Tortilla	Wednesday Chicken Nuggets w/ Bread Slice	Thursday Hamburger / Cheeseburger on a WG Bun	Friday Tuna & Cheddar Grinders	Lunch Prices: Paid \$2.75 Reduced \$.40 Adult:3.25

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February 2018 Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Pancake Sausage Wraps Chilled Juice or Fruit Low Fat Milk	2 Waffles with Syrup Chilled Juice or Fruit Low Fat Milk
5 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	6 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	7 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	8 Pancake Sausage Wraps Chilled Juice or Fruit Low Fat Milk	9 Feast of the Immaculate Conception No School
12 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	13 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	14 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	15 Pancake Sausage Wraps Chilled Juice or Fruit Low Fat Milk	16 Waffles with Syrup Chilled Juice or Fruit Low Fat Milk
19 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	20 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	21 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	22 Pancake Sausage Wraps Chilled Juice or Fruit Low Fat Milk	23 Waffles with Syrup Chilled Juice or Fruit Low Fat Milk
26 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	27 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	28 French Toast Sticks 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