

Our Lady of Mount Carmel December 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 Cheese / Pepperoni Pizza Crisp Caesar Salad Red Delicious Apples Milk Variety	Offered Daily: Peanut Butter & Jelly Sandwich Bagel with String Cheese
4 Buffalo Chicken Dip w/ Nacho Chips Seasoned Black Beans Petite Bananas Milk Variety	5 Chicken Patty Dippers w/ a Roll Sweet Potato Fries Mandarin Oranges Milk Variety	6 Beef Ravioli w/ Garlic Bread Garlic Green Beans Sweet Diced Peaches Milk Variety	7 Parent Teacher Conferences / Report Cards No School	8 Feast of the Immaculate Conception No School	
11 Turkey Soft Tacos (2) on WG Tortilla Lettuce/Cheese/Tomato Cups Mandarin Oranges Milk Variety	12 Hot Dog and Baked Bean Casserole w/ a Roll Sweet Corn Mixed Fruit Milk Variety	13 Pulled Pork Enchiladas Black & White Bean Salad Diced Peaches Milk Variety	14 Lasagna w/ Garlic Bread & side of Minestrone Soup Roasted Carrots Cinnamon Applesauce Milk Variety *Smore's Sweet Potato Fries Samples*	15 Cheese / Pepperoni Pizza Crisp Caesar Salad Red Delicious Apples Milk Variety	
18 Grilled Chicken & Broccoli Alfredo w/ Garlic Bread Herbed Peas Sweet Pineapple Milk Variety	19 Breakfast for Lunch Pancakes w/ Sausage Links Tater Tots Chilled Fruit Juice Milk Variety	20 Broccoli & Rice Casserole w/ a Roll Oven Baked Curly Fries Fresh Apples Milk Variety *Peppermint Chocolate Shake Samples*	21 Turkey & Dressing Supreme Mashed Potatoes Sweet Potato Pie Apple Cobbler w/ Whipped Cream Milk Variety	22 Christmas Vacation School Closed	
25 Christmas Vacation School Closed	26 Christmas Vacation School Closed	27 Christmas Vacation School Closed	28 Christmas Vacation School Closed	29 Christmas Vacation School Closed	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 Chicken Fajitas w/ WG Tortillas	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

Our Lady of Mount Carmel

December 2017 Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>THIS MONTH'S BREAKFAST FEATURES:</u> <ul style="list-style-type: none"> SMOOTHIE SAMPLES HOMEFRIES FOR BREAKFAST 			1 Waffles with Syrup Chilled Juice or Fruit Low Fat Milk
4 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	5 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	6 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	7 Parent Teacher Conferences / Report Cards No School	8 Feast of the Immaculate Conception No School
11 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	12 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	13 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	14 Pancake Sausage Wraps Chilled Juice or Fruit Low Fat Milk	15 Waffles with Syrup Chilled Juice or Fruit Low Fat Milk
18 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	19 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	20 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	21 Pancake Sausage Wraps Chilled Juice or Fruit Low Fat Milk	22 Christmas Vacation School Closed
25 Christmas Vacation School Closed	26 Christmas Vacation School Closed	27 Christmas Vacation School Closed	28 Christmas Vacation School Closed	29 Christmas Vacation School Closed

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