

Our Lady of Mount Carmel January 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	2	3 Fish Sticks w/ WG Bread Slice Memphis Dry Rub Pinto Beans Mixed Fruit Milk Variety	4 Turkey Nachos Seasoned Black Beans Mandarin Oranges Milk Variety	5 Cheese / Pepperoni Pizza Crisp Caesar Salad Red Delicious Apples Milk Variety	Offered Daily: Peanut Butter & Jelly Sandwich Bagel with String Cheese
8 Sloppy Joe Sandwich French Fries Pineapple Tidbits Milk Variety	9 Quesadilla Lasagna Seasoned Black Beans Diced Peaches Milk Variety	10 Beef Ravioli w/ a Roll Carrots & Corn Fresh Local Apples Milk Variety	11 Pasta w/ Meat Sauce & Garlic Bread Roasted Broccoli Applesauce Milk Variety	12 Faculty Meeting 12:30 Dismissal	
15 Martin Luther King Day Professional Day No School	16 Chicken Gravy and Corn Mashed Potato Bowl w/ a Roll Carrots Mixed Fruit Milk Variety	17 Meatloaf w/ WG Mashed Roll Mashed Potatoes Mandarin Oranges Milk Variety	18 Pizza Casserole w/ Garlic Bread Garlic Green Beans Pineapple Tidbits Milk Variety	19 Cheese / Pepperoni Pizza Crisp Caesar Salad Red Delicious Apples Milk Variety	
22 Chicken Parmesan Sandwich Roast Sweet Potatoes Diced Peaches Milk Variety	23 Breakfast for Lunch Pancakes w/ Sausage Links Tater Tots Chilled Fruit Juice Milk Variety	24 Pizza Pasta Bake w/ Garlic Bread Herbed Peas Diced Pears Milk Variety	25 BBQ Chicken w/ Cornbread Louisiana Dry Rub Red Beans Sliced Pears Milk Variety	26 Cheese / Pepperoni Pizza Crisp Caesar Salad Red Delicious Apples Milk Variety	 Whole Grains Available Daily
29 Chili con Carne w/ Brown Rice Seasoned Black Beans Fresh Local Apples Milk Variety	30 Taco Mac-n-Cheese w/ a Roll Sweet Corn Sliced Pears Milk Variety	31 Pasta Primavera w/ a Roll Green Beans Mixed Fruit 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 Chef Salad w/ Chicken & WG Roll	Wednesday Chicken Nuggets w/ Bread Slice	Thursday Double 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

January 2018 Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Christmas Vacation School Closed 	2 Christmas Vacation School Closed 	3 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	4 Pancake Sausage Wraps Chilled Juice or Fruit Low Fat Milk	5 Waffles with Syrup Chilled Juice or Fruit Low Fat Milk
8 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	9 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	10 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	11 Pancake Sausage Wraps Chilled Juice or Fruit Low Fat Milk	12 Waffles with Syrup Chilled Juice or Fruit Low Fat Milk
15 Martin Luther King Day Professional Day No School	16 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	17 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	18 Pancake Sausage Wraps Chilled Juice or Fruit Low Fat Milk	19 Waffles with Syrup Chilled Juice or Fruit Low Fat Milk
22 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	23 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	24 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	25 Pancake Sausage Wraps Chilled Juice or Fruit Low Fat Milk	26 Waffles with Syrup Chilled Juice or Fruit Low Fat Milk
29 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	30 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	31 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