

Our Lady of Mount Carmel

March 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 Tuna Patties on WG Roll Sweet Potato Fries Milk Variety | 2 Cheese / Pepperoni Pizza Crisp Caesar Salad Mandarin Oranges Milk Variety | Offered Daily: Peanut Butter & Jelly Sandwich Bagel with String Cheese |
| 5 Mighty Chicken Cheesesteaks w/ Peppers & Onions on a Roll Tater Tot/French Fry Casserole Sweet Peaches Milk Variety | 6 Beef Ravioli w/ Dinner Roll OR Fish Sticks w/ a Roll Carrots Chilled Fruit Juice Milk Variety | 7 Grilled Cheese w/ Tomato Soup Herbed Peas Applesauce Milk Variety | 8 Buffalo Chicken Grilled Cheese Garlic Green Beans Seasoned Black Beans Red Delicious Apples Milk Variety | 9 Faculty Training Early Dismissal 12:30 | |
| 12 BBQ Chicken w/ Cornbread Mashed Potatoes Vegetarian Beans Mixed Fruit Mil Variety | 13 Sweet Chili Chicken & Broccoli over Brown Rice Glazed Carrots Sliced Peaches Milk Variety | 14 Breakfast for Lunch Pancakes with Sausage Links Tater Tots Chilled Fruit Juice Milk Variety | 15 Mac-n-Cheese w/ a Roll Creamed Spinach Sliced Pears Milk Variety | 16 Cheese Pizza Crisp Caesar Salad Mandarin Oranges Milk Variety | |
| 19 Buffalo Chicken Dipper w/ a Roll Seasoned Kale Applesauce Milk Variety | 20 Cheeseburger Stromboli Oven Baked Fries Blueberry Cobbler Milk Variety | 21 Broccoli, Rice Cheddar Bake w/ a Roll 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 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 Chicken & Egg Noodles w/ Gravy over Biscuits Roasted Broccoli Mandarin Oranges Milk Variety | 28 Beef Nachos w/ Cheese Refried Beans Blueberries & Whipped Cream Milk Variety | 29 Holy Thursday No School | 30 Good Friday No School | 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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| 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 Sausage, Egg & Cheese on a Biscuit Chilled Juice or Fruit Low Fat Milk | 9 Waffles with Syrup Chilled Juice or Fruit Low Fat Milk |
| 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 Sausage, Egg & Cheese on a Biscuit 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 Sausage, Egg & Cheese on a Biscuit 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 | 29 Holy Thursday No School | 30 Good Friday No School |

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