

Our Lady of Mount Carmel January 2019 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 New Year's Day School Closed	2 Soft Turkey Tacos Steamed Green Beans Mixed Fruit Milk Variety	3 Meatball Hoagie on WG Roll Vegetarian Beans Pineapple Tidbits Milk Variety	4 Cheese / Pepperoni Pizza Crisp Caesar Salad Mandarin Oranges Milk Variety	Offered Daily: Peanut Butter & Jelly Sandwich
7 Spaghetti w/ Meatballs and WG Roll Roasted Broccoli Fresh Orange Smile Milk Variety	8 Turkey Hot Dogs on WG Bun Baked Vegetarian Beans !00% Chilled Fruit Juice Milk Variety	9 By the Sea Fish Sticks w/ a Roll Oven Baked Smiley Fries Diced Pears Milk Variety	10 Grilled Chicken Cheese Steaks on WG Roll Mixed Vegetables 100% Chilled Fruit Juice Milk Variety	11 12:30 Dismissal Faculty Meeting	
14 Corn Dogs w/ Bread Slice Seasoned Black Beans Fresh Local Apples Milk Variety	15 Baked Macaroni and Cheese w/ a WR Roll Garlic Green Beans 100% Chilled Fruit Juice Milk Variety	16 Beef Chili w/ Cornbread Glazed Carrots Fruit Cocktail Milk Variety	17 Chicken Fajitas on WG Tortilla Seasoned Corn 100% Chilled Fruit Juice Milk Variety	18 Cheese / Pepperoni Pizza Crisp Caesar Salad Mandarin Oranges 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
21 22 Martin Luther King Day School Closed 	22 Shepherd's Pie w/ a Roll Sweet Potato Casserole 100% Chilled Fruit Juice Milk Variety	23 Mashed Potato Rollups w/ Turkey Ham & Cheddar Sweet Peas Mandarin Oranges Milk Variety	24 Roast Turkey w/ Gravy & Biscuit Green Bean Casserole 100% Chilled Fruit Juice Milk Variety	25 Cheese / Pepperoni Pizza Crisp Caesar Salad Apple Slices Milk Variety	
28 Beef Tacos w/ Bread Slice Red Beans & Rice Apple Slices Milk Variety	29 Teriyaki Chicken over Brown Rice Sweet & Sour Broccoli 100% Chilled Fruit Juice Milk Variety	30 Breakfast for Lunch Pancakes with Sausage Links Tater Tots Chilled Fruit Juice Milk Variety	31 Arroz Con Pollo w/ a Roll Black Bean & Corn Salsa 100% Chilled Fruit Juice Milk Variety	2/1 Cheese / Pepperoni Pizza Crisp Caesar Salad Mandarin Oranges Milk Variety	
Monday 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 Sandwich on WG Roll	Lunch Prices: Paid \$2.85 Reduced \$.40 Adult:3.25

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January 2019 Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	2 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	3 Scrambled Eggs w/ Toast Chilled Juice or Fruit Low Fat Milk	4 Waffles with Syrup Chilled Juice or Fruit Low Fat Milk
7 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	8 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	9 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	10 Scrambled Eggs w/ Toast Chilled Juice or Fruit Low Fat Milk	11 Waffles with Syrup Chilled Juice or Fruit Low Fat Milk
14 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	15 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	16 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	17 Scrambled Eggs w/ Toast Chilled Juice or Fruit Low Fat Milk	18 Waffles with Syrup Chilled Juice or Fruit Low Fat Milk
21 Martin Luther King Day School Closed 	22 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	23 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	24 Scrambled Eggs w/ Toast Chilled Juice or Fruit Low Fat Milk	25 Waffles with Syrup Chilled Juice or Fruit Low Fat Milk
28 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	29 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	30 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	31 Scrambled Eggs w/ Toast Chilled Juice or Fruit Low Fat Milk	2/1 Waffles with Syrup 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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Whole Grains Available Daily