













Student _____
Grade: _____

Student: \$3.25
Adult: \$3.50

Number Ordered: _____
Amount Enclosed: _____

April 2017 - St Mary of Carmel Catholic School

office school the to return and student each for pre-order Please							
	3	4	5	6	7	7	
	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	
	~ charbroiled hamburger on whole wheat burger bun * oven baked potato "tots" * basil peas & carrots * L/T/P "salad" * chilled pears-peach-pineapple * ketchup - milk	~ Roman meatballs & penne pasta w/fresh baked garlic breadstick * parmesan cauliflower & broccoli * fresh house salad greenz' * fresh-cut pineapple wedge * ff ranch dressing - milk	~ oven "fried" herb chicken w/whole wheat bread slice * cowboy ranch beans * lemon pepper green beans * chilled diced peaches * ketchup - mustard - milk	~ chicken & 3-bean chili w/cheese w/fresh baked whole wheat roll * confetti corn with cumin * fresh house salad greenz' * fresh cut seasonal melon wedge * ff ranch dressing - milk	~ grilled cheese quesadilla rolled in a whole grain 8" tortilla * spinach wild & brown rice w/cheddar * cilantro black beans * cucumber pico de gallo * fresh seasonal apple * taco sauce - milk		
	10	11	12	13	14	14	
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	Early Dismissal		No School		
~ chicken breast nuggets w/fresh baked wheat breadstick * Texas bbq white beans * steamed tarragon carrots * fresh banana * ketchup - milk	~ homestyle meatloaf & gravy w/fresh baked whole wheat roll * mashed potatoes n/skins * French-style green peas w/mint * fresh red grape bunch * milk	~ baked chicken Romano w/fresh baked tomato parmesan roll * yellow squash & green beans * fresh-cut carrot & celery sticks * cherry-spiked pineapple chunks * ff ranch dressing - milk					
17	18	19	20	21	21		
No School	<u>Lunch</u>	<u>Lunch</u>		<u>Lunch</u>	<u>Lunch</u>		
	~ cheddar cheesy'wich w/fresh baked wheat breadstick * herb roasted sweet potatoes * lentila and greens * chilled diced pears in juice * milk	~ bistro chicken pasta shells w/fresh baked whole grain roll * Italian vegetable medley * fresh house salad greenz' * chilled "tropical" mixed fruit * ff ranch dressing - milk	~ crunchy fish taco in a 6" whole wheat tortilla w/sauce * "herb butter" green beans * fresh-cut vegetable "salad" * fresh seasonal apple * ketchup - mustard - milk	~ Santa Fe chicken & Jack Cheese over whole grain tostada chips * New Mexico green rice "arroz verde" navy bean & vegetable "stew" * fresh leafy taco "salad" * fresh-cut pineapple wedge * taco sauce - ff ranch dressing, milk			
24	25	26	27	28	28		
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>			<u>Lunch</u>		
~ chicken breast nuggets w/fresh baked wheat breadstick * seasoned black beans * fresh house salad greenz' * chilled pears-peach-pineapple * ketchup - ff ranch dressing - milk	~ turkeyham/mozzarella panini w/fresh baked whole wheat roll * mashed potato "trio" * thyme carrots & peas * fresh seasonal apple * ff ranch dressing - mustard - milk	~ meaty rigatoni Bolognese w/fresh baked tomato parmesan roll steamed garlic green beans * fresh house salad greenz' * fresh-cut seasonal melon wedge * ff ranch dressing - milk	~ General Tso's-style chicken * stir-fry vegetable brown rice * steamed broccoli & water chesnuts * fresh-cut cuke slices * orange wedges * ff ranch dressing - milk	~ cheddar "nacho" cheese over a whole grain corn chips * Texican roasted potatoes * chunky refried pinto beans * fresh leafy taco "salad" * fresh red grape bunch * taco sauce - ff ranch dressing, milk			
1-May	2-May	3-May	4-May	5-May	5-May		
<u>Lunch</u>	 <u>Lunch</u>	<u>Lunch</u>	 <u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>		
~ grilled chicken sandwich on whole wheat burger bun * seasoned oven-baked potatoes * white beans & stewed tomatoes * L/T/P "salad" * orange gelatin & diced pears * ketchup - milk	~ spaghetti alla Carbonara-chicker w/fresh baked garlic whole grain roll * steamed Italian vegetable medley * fresh house salad greenz' * baked cinnamon apples * ff ranch dressing - milk	~ cheddar cheesy'wich w/fresh baked wheat breadstick * maple orange sweet potatoes * steamed broccoli floret w/lemon * fresh-cut whole orange * milk	~ savory beef steak & gravy w/fresh baked whole wheat roll * butter and parsley mashed potatoes * herb carrot & string bean saute * chilled mixed fruit in juice * milk	~ chicken fajita skillet wrap in a whole grain 8" tortilla * Spanish-style brown rice * ranchero pinto beans * fresh leafy taco "salad" * fresh-cut seasonal melon wedge * taco sauce -ff ranch dressing - milk			

"Twelve Oaks is committed to provide freshness, variety, and good nutrition on a daily basis"

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