


Please pre-order for each student and return to the school office

Student Name: _____
Grade: _____

Student: \$3.25
Adult: \$3.50

Number Ordered: _____
Amount Enclosed: _____

October 2017 - St Mary of Carmel Catholic School

 <p>* LUNCH * - Breaded Chicken Nuggets fresh baked whole wheat breadstick cowboy "baked beans" fresh vegetable sticks chilled pear slices (ketchup, ranch) 1% or fat free milk</p>	<p>* LUNCH * - Homestyle Meat/Gaf Slice fresh baked whole corn cornbread real mashed potato medley carrot coins & herbs fresh seasonal apple 1% or fat free milk</p>	<p>* LUNCH * - Bistro Chicken "Alfredo" Pasta fresh baked tomato parmesan roll Italian vegetable medley fresh-cut garden salad greenz' chilled cherries & pineapple 1% or fat free milk (ranch)</p>	<p>* LUNCH * - "Club" Salad Tortilla Wrap oven baked tater "tots" buttered confetti corn fresh banana 1% or fat free milk (ketchup-mustard)</p>	<p>* LUNCH * - Nacho Chips & Cheese Tray-V wild & brown rice w/spinach cilantro black beans fresh taco salad greenz' fresh-cut watermelon wedge 1% or fat free milk (ranch, salsa)</p>
<p>9 * LUNCH * - American Cheeseburger whole wheat bun & fixin's oven baked skin-on potato wedges steamed whole green beans chilled mixed fruit (ketchup) 1% or fat free milk</p>	<p>10 * LUNCH * - Baked Chicken Pomodoro fresh baked garlic breadstick Tuscan white beans fresh-cut garden salad greenz' strawberries n' applesauce 1% or fat free milk (ranch)</p>	<p>11 * LUNCH * - General Tso's Pineapple Chicken stir-fry brown rice broccoli cuts and water chestnuts fresh cucumber wedge chilled mandarin oranges 1% or fat free milk</p>	<p>12 * LUNCH * - Grilled Cheese on Oat Wheat-V real mashed potato medley green peas with mint fresh seasonal apple 1% or fat free milk</p>	<p>13 Early Dismissal</p>
<p>16 * LUNCH * - Breaded Chicken Nuggets fresh baked whole wheat breadstick oven baked diced potatoes crinkle carrots & herbs baked spiced apples (ketchup) 1% or fat free milk</p>	<p>17 * LUNCH * - Southern Smothered Chicken fresh baked whole wheat roll real mashed potato medley California vegetable medley fresh seasonal apple 1% or fat free milk</p>	<p>18 * LUNCH * - Classic Meatsauce & Rigatoni fresh-cut garden salad greenz' fresh baked whole grain roll cut green beans with garlic pineapple & gelatin 1% or fat free milk (ranch)</p>	<p>19 * LUNCH * - Baked "Chili Joe" Potato whole wheat oat bread navy "soup" beans chilled mixed fruit 1% or fat free milk</p>	<p>20 No School Today!</p>
<p>Menu Change * LUNCH * Charbroiled Steakburger oven baked diced potatoes peas & carrots w/ herbs * chilled pineapple chunks 1% or fat free milk (ketchup)</p>	<p>Menu Change * LUNCH * - Baked "Chili Cook-off" Chicken whole wheat 6" tortilla carrots & cumin charro pinto beans Mixed cut fruit 1% or fat free milk (ranch)</p>	<p>25 * LUNCH * - Happy Taters w/ Chili Pie corn on the cob fresh baked whole wheat roll Southern greens & lentils fresh seasonal apple 1% or fat free milk (ketchup)</p>	<p>26 * LUNCH * - Chicken Spaghetti Carbonara * fresh baked w/ garlic roll green bean & carrot medley fresh-cut garden salad greenz' chilled mixed fruit 1% or fat free milk (ranch)</p>	<p>27 * LUNCH * - Fajita Chicken Wrap Texican roast potatoes charro pinto beans fresh taco salad greenz' fresh-cut orange wedges (ranch, salsa) 1% or fat free milk</p>
<p>30 * LUNCH * - Charbroiled Beef Burger whole wheat bun & fixin's oven baked crinkle cut "fries" peas & carrots w/ herbs fresh seasonal apple (ketchup) 1% or fat free milk</p>	<p>31 * LUNCH * - Meatballs Romana & Pasta fresh baked whole grain roll parmesan cauliflower/ broccoli fresh-cut garden salad greenz' chilled mixed fruit fresh seasonal apple</p>			

"Twelve Oaks provides freshness, variety, and good nutrition on a daily basis"



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