

Student _____
Grade: _____

Student: \$3.25
Adult: \$3.50

Number Ordered: _____
Amount Enclosed: _____



St Mary of Carmel Catholic School

August 2018 Corrected Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <i>Welcome back to</i>	2	3
6	7 SCHOOL		9	10
13	14	15 <u>~ Pepperoni Pizza Bread</u> <i>on crispy whole grain French loaf</i> ** <i>seasoned green beans</i> <i>fresh-cut house salad greenz'</i> <i>chilled mixed fruit in juice</i> <i>milk and condiments</i>	16 <u>~ Oven "Fried" Chicken</u> <i>over whole grain waffle-syrup</i> ** <i>cowboy baked beans</i> <i>fresh-cut seasonal veggie sticks</i> <i>fresh-cut seasonal melon</i> <i>milk and condiments</i>	17 Early Dismissal
20 <u>~ Charbroiled Hamburger</u> <i>on a whole wheat bun & L/T/P 'salad'</i> ** <i>oven baked tater tots</i> <i>confetti corn & black bean saute</i> <i>strawberry applesauce</i> <i>milk and condiments</i>	21 <u>~ Classic Ragu Bolognese</u> <i>and whole grain rotini pasta</i> ** <i>Tuscan white beans</i> <i>fresh-cut Caesar salad</i> <i>chilled mixed fruit in juice</i> <i>milk and condiments</i>	22 <u>~ Teriyaki Baked Chicken</u> <i>over steamed brown rice</i> <i>steamed carrot & broccoli medley</i> ** <i>fresh-cut cucumber wedges</i> <i>chilled pineapple rings in juice</i> <i>milk and condiments</i>	23 <u>~ Savory Gravy Beef Steak</u> <i>fresh baked whole wheat roll</i> ** <i>wild & brown rice with spinach</i> <i>herbed carrot coins</i> <i>fresh seasonal apple variety</i> <i>milk and condiments</i>	24 <u>~ Baked Chicken Carnitas</u> <i>with "whole corn" tortillas</i> ** <i>Texican roasted potatoes</i> <i>cucumber pico de gallo</i> <i>fresh-cut seasonal fruit</i> <i>milk and condiments</i>
27 <u>~ Baked Chicken Nuggets</u> ** <i>fresh baked whole wheat breadstick</i> <i>herb sweet potato homefries</i> <i>fresh-cut seasonal veggie sticks</i> <i>chilled mixed fruit in juice</i> <i>milk and condiments</i>	28 <u>~ Roast Turkey 'Dinner'</u> <i>fresh baked whole wheat roll</i> ** ** <i>real mashed potato medley</i> <i>seasoned green beans</i> <i>fresh-cut seasonal fruit</i> <i>milk and condiments</i>	29 <u>~ Beef TACO Salad Bowl</u> <i>with fresh-cut salad mix & wg chips</i> ** ** <i>charro beans</i> <i>steamed broccoli florets</i> <i>baked spiced apples</i> <i>milk and condiments</i>	30 <u>~ Classic Meat Sauce</u> <i>and whole grain spaghetti</i> <i>fresh baked whole grain roll</i> ** ** <i>green peas & sliced carrots</i> <i>fresh-cut house salad greenz'</i> <i>chilled pears & gelatin</i> <i>milk and condiments</i>	31 <u>~ Cheese Enchiladario-v</u> <i>topped with a smoky red sauce</i> ** ** <i>TexMex-style brown rice</i> <i>cilantro black beans</i> <i>fresh-cut seasonal melon</i> <i>milk and condiments</i>

Notes:

"Sauces, beans, salads, pastas, bakery, brisket, chicken, etc...
all scratch-cooked in-house with our recipes"

"Produce, Fruit, and other recipe ingredients
sourced locally (when seasonally available)"



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