

Our Lady of Mount Carmel February 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 Early Dismissal Faculty Meeting	Offered Daily: Peanut Butter & Jelly Sandwich Bagel with String Cheese
4 Beef Nachos w/ Bread Slice Refried Beans Sweet Corn Applesauce Milk Variety	5 Chicken Eggroll w/ Fried Rice Garlic Green Beans Mandarin Oranges Fortune Cookies 100% Chilled Fruit Juice Milk Variety	6 Roast Turkey Mashed Potato Bowl w/ a Roll Green Peas Petite Bananas Milk Variety	7 Chicken & Broccoli Alfredo w/ Garlic Bread Roasted Carrots Diced Pears Milk Variety	8 Santino's Pizza Crisp Caesar Salad Mandarin Oranges Milk Variety	
11 Fish Sticks w/ Bread Slice Vegetable Medley Red Delicious Apples Milk Variety	12 Sweet & Sour Meatballs over Brown Rice Pinto Beans 100% Chilled Fruit Juice Milk Variety	13 Breakfast for Lunch Pancakes with Sausage Links Tater Tots Chilled Fruit Juice Milk Variety	14 Ruby's Red Pasta w/ Garlic Bread Roasted Broccoli Strawberries Valentine Day Dessert Milk Variety	15 Cheese / Pepperoni Pizza Crisp Caesar Salad Mandarin Oranges Milk Variety	
18 President's Day School Closed	19 Corn Dogs w/ Bread Slice Garlic Green Beans Applesauce Cups 100% Chilled Fruit Juice Milk Variety	20 Grilled Cheese w/ Tomato Soup Sweet Potato Fries Mixed Fruit Milk Variety	21 Turkey Tacos (2) on WG Tortilla Seasoned Black Beans Pineapple Tidbits Milk Variety	22 Cheese / Pepperoni Pizza Crisp Caesar Salad Strawberry Slices Milk Variety	 Whole Grains Available Daily
25 BBQ Chicken w/ Cornbread Hushpuppies Collard Greens Mixed Fruit Bread Puddings Milk Variety	26 Grilled Hot Dogs on WG Bun Vegetarian Beans 100% Chilled Fruit Juice Milk Variety	27 Buffalo Mac n Cheese w/ a Roll Stewed Tomatoes Sweet Oranges Milk Variety	28 Chicken Fajitas on Tortilla w/ Peppers & Onions Sweet Corn Apple Slices 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
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 \$2.75 Reduced \$.40 Adult:3.25

Our Lady of Mount Carmel

February 2019 Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Waffles with Syrup Chilled Juice or Fruit Low Fat Milk
4 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	5 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	6 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	7 Pancake Sausage Wraps Chilled Juice or Fruit Low Fat Milk	8 Waffles with Syrup Chilled Juice or Fruit Low Fat Milk
11 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	12 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	13 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	14 Pancake Sausage Wraps Chilled Juice or Fruit Low Fat Milk	15 Waffles with Syrup Chilled Juice or Fruit Low Fat Milk
18 President's Day School Closed	19 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	20 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	21 Pancake Sausage Wraps Chilled Juice or Fruit Low Fat Milk	22 Waffles with Syrup Chilled Juice or Fruit Low Fat Milk
25 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	26 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	27 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	28 Pancake Sausage Wraps 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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MENUS SUBJECT TO CHANGE



Whole Grains Available Daily