

Our Lady of Mount Carmel

April 2019 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 Turkey Tacos Chicken & Broccoli Alfredo w/ a Roll Herbed Green Beans Green Apple Applesauce Milk Variety	2 Meatball Hoagie Sweet Corn Mandarin Oranges 100% Chilled Fruit Juice Milk Variety	3 Fish Stick Sandwich Roasted Carrots Mixed Fruit Milk Variety	4 Pasta & Meat Sauce w/ a Roll Sauteed Spinach Diced Pears Milk Variety	5 12:30 Early Dismissal	Offered Daily: Peanut Butter & Jelly Sandwich Bagel with String Cheese
8 Hot Ham & Cheese Sandwich Refried Beans Sweet Corn Applesauce Milk Variety	9 Hot Dogs Garlic Green Beans Mandarin Oranges 100% Chilled Fruit Juice Milk Variety	10 Chicken Fajitas w/ WG Tortilla Green Peas Petite Bananas Milk Variety	11 Open-Faced Turkey Sandwich Edamame and Corn Salad Roasted Broccoli Diced Pears Milk Variety	12 Santino's Pizza Crisp Caesar Salad Strawberry Slices Milk Variety	
15 Breakfast for Lunch Pancakes with Sausage Links Tater Tots Chilled Fruit Juice Milk Variety	16 BBQ Chicken w/ Dinner Roll Oven Roasted Potatoes 100% Chilled Fruit Juice Milk Variety	17 Buffalo Chicken Mac n Cheese w/ a Roll Vegetarian Beans Diced Pears Milk Variety	18 School Closed Holy Thursday	19 School Closed Good Friday	
22 Easter Recess 	23 Easter Recess 	24 Easter Recess 	25 Easter Recess 	26 Easter Recess 	 Whole Grains Available Daily
29 Sweet n Sour Chicken over Brown Rice Tossed Salad Roasted Carrots Pineapple Tidbits Milk Variety	30 Grilled Cheese and Tomato Soup w/ a Roll Southwestern Beans 100% Chilled Fruit Juice 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 Nacho / Taco Tuesday	Wednesday Chicken Nuggets w/ Bread Slice	Thursday Mini Corn Dog Nuggets	Friday Fish Sticks w/ a Roll	Lunch Prices: Paid \$2.75 Reduced \$.40 Adult: 3.25

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April 2019 Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	2 Egg & Cheese Sandwich Chilled Juice or Fruit Low Fat Milk	3 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	4 Cheese Omelet Chilled Juice or Fruit Low Fat Milk	5 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk
8 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	9 Egg & Cheese Sandwich Chilled Juice or Fruit Low Fat Milk	10 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	11 Cheese Omelet Chilled Juice or Fruit Low Fat Milk	12 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk
15 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	16 Egg & Cheese Sandwich Chilled Juice or Fruit Low Fat Milk	17 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	18 School Closed Holy Thursday	19 School Closed Good Friday
22 Easter Recess 	23 Easter Recess 	24 Easter Recess 	25 Easter Recess 	26 Easter Recess 
29 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	30 Egg & Cheese Sandwich 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