

Our Lady of Mount Carmel February 2020 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

***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
3 Corn Dog Nuggets Seasoned Black Beans Sliced Peaches Fat Free Milk	4 Lasagna Roll Ups w/ a Roll Broccoli Pears Fat Free Milk	5 Hot Ham & Cheese Sandwich w/ Tomato Soup Green Beans Applesauce Fat Free Milk	6 Chicken & Mashed Potato Bowls Carrots Pineapple Tidbits Fat Free Milk	7 12:30 Dismissal NO LUNCH Faculty Meeting	Offered Daily: Peanut Butter & Jelly Sandwich Bagel with String Cheese
10 Cheese Quesadillas Black Bean & Corn Salsa Mixed Fruit Fat Free Milk	11 Beef Nachos Sweet Corn Mandarin Oranges Fat Free Milk	12 Santino's Pizza Caesar Salad Mandarin Oranges Fat Free Milk	13 Chicken Parmesan Sandwich Broccoli 100% Chilled Fruit Juice Fat Free Milk	14 St. Valentine's Day School Closed Professional Development	
17 President's Day School Closed	18 Broccoli & Alfredo Pasta w/ Garlic Bread Mixed Vegetables Peaches Diced Pears Fat Free Milk	19 Turkey w/ Gravy & Stuffing Sweet Potato Casserole Blueberry Crisp Fat Free Milk	20 Pepperoni Pizza Pasta Bake w/ a Roll Garlic Green Beans Sweet Peaches Fat Free Milk	21 Cheese/Pepperoni Pizza Caesar Salad Mandarin Oranges Fat Free Milk	
24 Vegetarian Bean Burritos Seasoned Beans Sweet Pears Fat Free Milk	25 Buffalo Mac-n-Cheese Oven Sweet Potato Fries Cinnamon Applesauce Fat Free Milk	26 Breakfast for Lunch Pancakes w/ Turkey Sausage Tater Tots Mandarin Oranges Fat Free Milk	27 Sweet & Sour Chicken & Vegetables over rice Broccoli Diced Peaches Fat Free Milk	28 Cheese/Pepperoni Pizza Caesar Salad Mandarin Oranges Fat Free Milk	 Whole Grains Available Daily
					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 and Cheese Sandwich	Tuesday Turkey & Cheese Wraps	Wednesday Chicken Nuggets	Thursday Hamburger / Cheeseburger	Friday Tuna and Cheese Sandwich	Lunch Prices: Paid \$2.85 Reduced \$.40 Adult: 3.25

Our Lady of Mount Carmel

February 2020 Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	4 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	5 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	6 Egg & Cheese Sandwich Chilled Juice or Fruit Low Fat Milk	7 Waffles Chilled Juice or Fruit Low Fat Milk
10 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	11 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	12 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	13 Egg & Cheese Sandwich Chilled Juice or Fruit Low Fat Milk	14 <p style="text-align: center;">St. Valentine's Day School Closed</p> <p style="text-align: center;">Professional Development</p>
17 <p style="text-align: center;">President's Day School Closed</p>	18 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	19 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	20 Egg & Cheese Sandwich Chilled Juice or Fruit Low Fat Milk	21 Waffles Chilled Juice or Fruit Low Fat Milk
24 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	25 Breakfast Pizza Chilled Juice or Fruit Low Fat Milk	26 French Toast Sticks Chilled Juice or Fruit Low Fat Milk	27 Egg & Cheese Sandwich Chilled Juice or Fruit Low Fat Milk	28 Waffles 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