

# Our Lady of Mount Carmel

## March 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


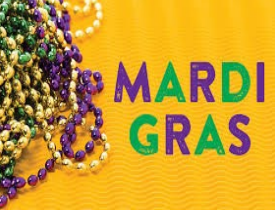


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
				1 Cheese / Pepperoni Pizza Crisp Caesar Salad Strawberry Slices Milk Variety	Offered Daily:  Peanut Butter & Jelly Sandwich  Bagel with String Cheese
4 Beef & Bean Nachos w/ Bread Slice Refried Beans Sweet Corn Applesauce Milk Variety	5 Chicken & Sausage Jambalaya w/ Cornbread Garlic Green Beans Mandarin Oranges !00% Chilled Fruit Juice Milk Variety	6 Fish Sticks w/ Bread Slice Green Peas Petite Bananas Milk Variety	7 Chicken Fingers & Waffles Edamame and Corn Salad Roasted Broccoli Diced Pears Milk Variety	8 <b>Professional . Development Day No School</b>	
11 Cheeseburger Quesadilla Seasoned Black Beans Mixed Berry Fruit Cup Milk Variety	12 BBQ Chicken w/ Dinner Roll Oven Roasted Potatoes 100% Chilled Fruit Juice Milk Variety	13 <b>Breakfast for Lunch</b> Pancakes with Sausage Links Tater Tots Chilled Fruit Juice Milk Variety	14 Pasta & Meat Sauce w/ Garlic Bread Sauteed Spinach Diced Pears Milk Variety	15 Cheese / Pepperoni Pizza Crisp Caesar Salad Mandarin Oranges Milk Variety	
18 Pierogies w/ Sour Cream Herbed Green Beans Green Apple Applesauce Milk Variety	19 Chicken Patty on WG Bun Sweet Corn Mandarin Oranges 100% Chilled Fruit Juice Milk Variety	20 Grilled Cheese w/ Tomato Soup Roasted Carrots Mixed Fruit Milk Variety	21 Teriyaki Chicken over Brown Rice Seasoned Black Beans Pineapple Tidbits Milk Variety	22 Cheese / Pepperoni Pizza Crisp Caesar Salad Strawberry Slices Milk Variety	<b>Whole Grains Available Daily</b>
25 Mac and Cheese w/ a Roll Tossed Salad Roasted Carrots Pineapple Tidbits Milk Variety	26 Grilled Hot Dogs on WG Bun Vegetarian Beans 100% Chilled Fruit Juice Milk Variety	27 Turkey w/ Stuffing and Gravy Mashed Potatoes Sweet Oranges Milk Variety	28 Chicken Quesadilla Casserole Sweet Corn Apple Slices Milk Variety	29 <b>Tater Day !</b> Cheese / Pepperoni Pizza Crisp Caesar Salad Loaded Potato Skins Strawberry 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
<b>Monday</b> Ham & Cheese Sandwich on WG Bread	<b>Tuesday</b> Turkey & Cheese Wraps on WG Tortilla	<b>Wednesday</b> Chicken Nuggets w/ Bread Slice	<b>Thursday</b> Hamburger / Cheeseburger on a WG Bun	<b>Friday</b> Fish Sticks w/ a Roll	<b>Lunch Prices:</b> <b>Paid \$2.75</b> <b>Reduced \$.40</b> <b>Adult:3.25</b>

# Our Lady of Mount Carmel

## March 2019 Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
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	1 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	8 Professional Development Day No School
18 Pancakes with Syrup Chilled Juice or Fruit Low Fat Milk	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	15 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	22 Waffles with Syrup Chilled Juice or Fruit Low Fat Milk
				29 Waffles with Syrup 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

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

MENUS SUBJECT TO CHANGE



Whole Grains Available Daily