











# St. Rita Catholic School

January 2014

committed to freshness, nutrition, & variety

menus and debit accounts on-line at:  
twelveoakscatering.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
				
6	7	8	9	10
	<p><b>MEATLOAF N' GRAVY</b> served with fresh baked wheat roll <b>baked chicken cheese biscuits</b> (N) garden chili/chz/crackers mashed potatoes steamed cut green beans fresh fruit selections pineapple crumb cake</p> 	<p>Wednesday's Chef discovery... "Gone East ..... really Far East" chicken &amp; veggie stir-fry over rice, (N) Korean pan fried noodles with veggies, and soy-marinated beef on a stick</p> <hr/> <p>cheeseburger on wheat bun oven french fries daily deli and the usual offerings</p>	<p><b>ITALIAN BAKED CHICKEN</b> served with a wheat bread stick (N) baked cheese pizza roll-up special "Italian deli" loaf steamed green peas garden greens w/Romaine fresh orange wedges whole grain "dessert" trail mix</p> 	<p><b>CHICKEN ENCHILADAS</b> topped with ranchero cheese sauce <b>the BIG taco beef burrito</b> (N) nacho cheese &amp; chips Spanish brown rice ranchero pinto beans garden greens-taco salad fresh red grapes</p>
13	14	15	16	17
<p><b>BAKED FISH Tilapia</b> lightly panko breaded, served with lemon <b>carved roast turkey on kaiser roll</b> (N) lunch-time BIG chef salad</p>  <p>vegetable rice pilaf stewed okra &amp; tomato whole green beans strawberry applesauce</p>	<p><b>HONEY BAKED CHICKEN</b> served with a fresh baked wheat roll cheeseburger - fixins (N) grilled cheddar'wich sweet potatoes steamed broccoli florets fresh pineapple wedges apple n' oats mini muffins</p>	<p>Wednesday's Chef discovery... "Taste of the Islands" seafood Veracruzana, jerk chicken wings, (N) calypso noodles, and beef caribbean empanadas</p> <hr/> <p>battered corny dog baked tater "tot" wedges daily deli and the usual offerings</p> 	<p><b>CHICKEN BOWTIE PASTA</b> served with a wheat bread stick pepperoni or cheese PIZZA slices (N) baked macaroni &amp; cheese Italian vegetable medley garden greens w/Romaine fresh fruit slices raisin crunch cup</p>	<p><b>BEEF TAMALES</b> with taco beef, cheese, and masa <b>shredded chicken &amp; cheese nachos</b> (N) bean &amp; cheese burrito Spanish brown rice refried pinto beans grape tomato &amp; cucumber salad chilled pear halves</p>
20	21	22	23	24
				
	<p><b>CHICKEN MILANESA</b> lightly breaded, served with lemon homestyle meatballs &amp; gravy (N) vegetables and hummus wrap mashed potatoes squash casserole garden greens w/spinach peach yogurt cakelettes</p>	<p>Wednesday's Chef discovery... "Old School Chinese Restaurant Fare" sweet and sour chicken, beef &amp; broccoli, pineapple &amp; carrots, and (N) vegetable lo mein</p> <hr/> <p>"country steak burger" on wheat bun baked potato wedges daily deli and the usual offerings</p>	<p><b>MEATSAUCE N' SPAGHETTI</b> Classico served with cheesy wheat bread (N) flatbread/pita cheese pizza baked chicken Neapolitan sub steamed cut green beans garden greens w/Romaine chef's choice melon wedges fruit &amp; gelatin</p>	<p><b>CHICKEN FAJITAS</b> with veggies and flour tortillas taco beef chalupa (N) cheese enchiladas w/ranchero tex-mex oven red potatoes seasoned black beans garden greens-taco salad cinnamon puff pastry</p>
27	28	29	30	31
				
<p><b>BREAKFAST FOR LUNCH</b> eggs, sausage, and waffle n' syrup grilled steak &amp; veggies wrap (N) 4cheese hoagie pizza oven potato wedges steamed broccoli florets cinnamon apples whole grain chip cookie</p>	<p><b>BAKED BBQ CHICKEN</b> served with a fresh baked wheat roll charbroiled burger - fixins (N) Al Fredo's pasta primavera parsley pan potatoes house-made black-eyed peas chilled fruit &amp; gelatin carrot spice mini muffins</p>	<p>Wednesday's Chef discovery... "Middle Eastern Street Food" chicken shawarma wraps, (N) baba ghanosh, and chicken tangine</p> <hr/> <p>chopped bbq beef on wheat bun oven french fries daily deli and the usual offerings</p>	<p>(N) ROTINI VEGETABLE LASAGNA layers of pasta, cheese, and old world sauce breaded chicken sandwich-wheat bun special "Italian deli" loaf Italian vegetable medley garden greens w/Romaine tuscan bean salad spiced applesauce</p>	<p><b>GRILLED FISH TACOS</b> served with pico de gallo <b>the beef enchiladarito</b> (N) nacho cheese &amp; chips Spanish brown rice refried pinto beans garden greens-taco salad fresh fruit slices</p>

DAILY MENU at YOUR SCHOOL: Entrees, Vegetables & Sides, Baked Potatoes, SALAD BAR, DELI Sandwiches, Fresh Veggie & Cheese Trays, & Fresh Baked Snack Rack

\* all sandwiches & burgers served on wheat bread or buns with crispy romaine lettuce \* most pizza crusts, breads, rolls, bakery, and desserts are whole grain items

\* (N) = nonmeat entrée

\* choose an entrée and 3 sides for your complete lunch \*

\* always baked, never fried!!

\* only fresh or frozen (low salt) veggies!!