



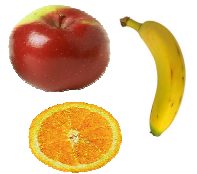
Catering

freshness, nutrition, and variety

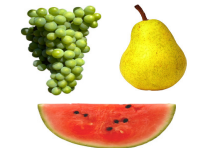
St. Rita Catholic School

January 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CHICKEN NUGGETS <i>baked, breaded, white meat only</i> sloppy joe on wheat bun (N) garden chili/chz/crackers <i>house-made cowboy beans</i> <i>steamed broccoli florets</i> <i>salad bowl w/romaine leaf</i> <i>fresh seasonal melon wedg</i>	3 CHEESE QUESADILLA (N) <i>served with pico de gallo</i> cheeseburger - fixins turkey & jack wheat roll <i>oven crinkle fries</i> <i>steamed green peas</i> <i>chilled fruit & gelatin</i> <i>apple muffin bites</i>	4 BEEF CHILI MAC PASTA <i>served with french bread</i> (N) cheese pizza slices roast beef & cheddar wrap <i>steamed green beans</i> <i>fresh salad bowl w/spinac</i> <i>chilled sliced apples</i> <i>whole grain trail mix</i>	5 CHICKEN ENCHILADAS <i>topped with ranchero cheese</i> soft beef & cheese tacos (N) nacho cheese & chips <i>Spanish brown rice</i> <i>chunky refried beans</i> <i>lettuce-tomato side salad</i> <i>whole grain cinnamon cook</i>	6 BAKED ITALIAN CHICKEN <i>served over whole grain pasta</i> cheeseburga pizza slices (N) veggie/bean farfelle pasta <i>salad bowl w/romaine leaf</i> <i>steamed broccoli florets</i> <i>chilled fruit cocktail</i> <i>animal crackers</i>
9 STEAK MILANESE TIPS <i>lightly breaded beef steak</i> grilled chicken'wich - fixins (N) fresh fruit bowl & yogurt <i>whole grain mac & cheese</i> <i>steamed green beans</i> <i>stewed okra & tomatoes</i> <i>chilled mandarin oranges</i>	10 BREAKFAST for LUNCH <i>eggs, waffle, and turkey sausage</i> charbroiled burger - fixins (N) bean & cheese burrito <i>baked tater tots</i> <i>fresh veggie sticks</i> <i>chilled fruit in juice</i> <i>vanilla yogurt pudding</i>	11 GRILLED CHICKEN PASTA <i>served with wheat bread stick</i> (N) flatbread/pita cheese pizza ham & cheddar wheat roll <i>steamed peas & carrots</i> <i>fresh salad bowl w/spinac</i> <i>chilled applesauce</i> <i>raisin crunch cup</i>	12 PANKO-CRUMB FISH FILET <i>served over veggie rice pilaf</i> turkey corny dog (N) grilled cheddar'wich <i>baked nacho spinach</i> <i>house-made black-eyed pea</i> <i>chilled fruit in juice</i> <i>sweet potato cake</i>	13 RANCH CHILI PIE <i>chili beef, corn chips & cheese</i> (N) cheese pizza slices turkey & jack wheat roll <i>steamed carrot coins</i> <i>broccoli & chz brown rice</i> <i>salad bowl w/romaine leaf</i> <i>fresh grape cluster</i>
16 MAPLE ROAST CHICKEN <i>served with fresh baked wheat roll</i> cheeseburger - fixins (N) grilled cheddar'wich <i>diced hashbrowns potatoes</i> <i>steamed veggie medley</i> <i>chilled mixed fruit</i> <i>pineapple oat muffin bite</i>	17 ITALIAN MEATBALLS <i>old world sauce over fusilli pasta</i> (N) baked cheese pizza roll-up chicken salad wheat roll sub <i>steamed green beans</i> <i>fresh salad bowl w/spinac</i> <i>chilled diced pears</i> <i>whole grain oatmeal cooki</i>	18 CHICKEN FAJITAS <i>with veggies and flour tortillas</i> soft beef & cheese burrito (N) cheese enchiladas <i>Spanish brown rice</i> <i>seasoned black beans</i> <i>lettuce-tomato side salad</i> <i>cinnamon puff pastry</i>	19 GRILLED STEAK RIBBONS <i>with roasted red potatoes</i> (N) 4cheese hoagie pizza ham & cheddar wheat roll <i>steamed broccoli florets</i> <i>salad bowl w/romaine leaf</i> <i>chilled mandarin oranges</i> <i>whole grain chip cookie</i>	20 BAKED BBQ CHICKEN <i>served with fresh baked wheat roll</i> charbroiled burger - fixins (N) garden chili/chz/crackers <i>oven potato wedges</i> <i>steamed green beans</i> <i>chilled fruit & gelatin</i> <i>baked crumb-top apples</i>
23 PENNE PASTA LASAGNA <i>served with French bread</i> (N) cheese pizza slices turkey & jack wheat wrap <i>yellow wax beans</i> <i>cucumber veggie salad</i> <i>chilled diced peaches</i> <i>carrot spice cake'ettes</i>	24 GRILLED FISH TACOS <i>served with pico de gallo</i> grilled chicken'wich - fixins (N) nacho cheese & chips <i>veggie brown rice pilaf</i> <i>steamed vegetable medley</i> <i>lettuce-tomato side salad</i> <i>chilled pineapple bits</i>	25 CHICKEN STRIPS <i>baked, breaded, white meat only</i> bbq brisket on wheat bun (N) fresh fruit bowl & yogurt <i>house-made cowboy beans</i> <i>fresh salad bowl w/spinac</i> <i>chilled diced apricots</i> <i>whole grain trail mix</i>	26 PANKO-CRUMB FISH FILET <i>served over veggie rice pilaf</i> pepperoni pizza slices (N) veggie/bean farfelle pasta <i>steamed veggie medley</i> <i>salad bowl w/romaine leaf</i> <i>mixed fruit in juice</i> <i>whole grain oatmeal cooki</i>	27 MEATLOAF N' GRAVY <i>served with fresh baked wheat roll</i> grilled chicken on biscuit (N) fresh fruit bowl & yogurt <i>mashed potatoes</i> <i>steamed carrot coins</i> <i>fresh fruit selections</i> <i>raisin crunch cup</i>
30 PANKO-CRUMB FISH FILET <i>served over veggie rice pilaf</i> pepperoni pizza slices (N) veggie/bean farfelle pasta <i>steamed veggie medley</i> <i>salad bowl w/romaine leaf</i> <i>mixed fruit in juice</i> <i>whole grain oatmeal cooki</i>	31 MEATLOAF N' GRAVY <i>served with fresh baked wheat roll</i> grilled chicken on biscuit (N) fresh fruit bowl & yogurt <i>mashed potatoes</i> <i>steamed carrot coins</i> <i>fresh fruit selections</i> <i>raisin crunch cup</i>			



FRESH FRUIT SELECTIONS SERVED EVERYDAY !!



Fresh or Frozen



Veggies Only !!

Always BAKED...

.... NEVER fried !!

(N)=nonmeat entrees

Choose from 3 Entrees

Choose 3 Sides from 4

fresh baked rolls & desserts



lean meats, chicken breast meat only !!

(expect drumsticks)

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

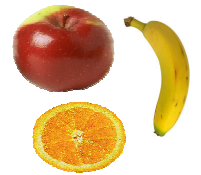


Catering freshness, nutrition, and variety

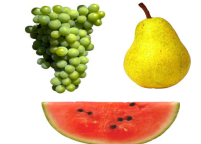
St. Rita Catholic School

February 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 OVEN "FRIED" CHICKEN <i>lightly breaded drumstick</i> charbroiled burger - fixins (N) 4bean veggie wrap whole grain mac & cheese steamed green beans chilled mandarin oranges fresh grape cluster	2 OLD WORLD SPAGHETTI <i>served with wheat bread stick</i> (N) flatbread/pita cheese pizza ham & cheddar wheat roll <i>steamed italian veggies</i> fresh salad bowl w/spinac chilled applesauce blueberry muffin bites	3 CHICKEN HOT POT <i>a stew with potatoes & pasta</i> turkey frank on coney bun (N) lunch "breakfast" burrito <i>house-made bbq pinto bean</i> fresh veggie sticks chilled pineapple tidbits banana yogurt pudding
6 OVEN-ROASTED BRISKET <i>served chopped with tortilla & sauce</i> (N) 4cheese hoagie pizza tuna salad on honey wheat <i>steamed california veggie</i> chilled pasta bean salad tropical fruit medley baked crumb-top peaches	7 CHICKEN NUGGETS <i>baked, breaded, white meat only</i> sloppy joe on wheat bun (N) garden chili/chz/crackers <i>house-made cowboy beans</i> steamed broccoli florets salad bowl w/romaine leaf fresh seasonal melon wedg	8 CHEESE QUESADILLA (N) <i>served with pico de gallo</i> cheeseburger - fixins turkey & jack wheat roll <i>oven crinkle fries</i> steamed green peas chilled fruit & gelatin apple muffin bites	9	10
13 BAKED ITALIAN CHICKEN <i>served over whole grain pasta</i> cheeseburga pizza slices (N) veggie/bean farfelle pasta salad bowl w/romaine leaf <i>steamed broccoli florets</i> chilled fruit cocktail animal crackers	14 STEAK MILANESE TIPS <i>lightly breaded beef steak</i> grilled chicken'wich - fixins (N) fresh fruit bowl & yogurt <i>whole grain mac & cheese</i> steamed green beans stewed okra & tomatoes chilled mandarin oranges	15 BREAKFAST for LUNCH <i>eggs, waffle, and turkey sausage</i> charbroiled burger - fixins (N) bean & cheese burrito <i>baked tater tots</i> fresh veggie sticks chilled fruit in juice vanilla yogurt pudding	16 GRILLED CHICKEN PASTA <i>served with wheat bread stick</i> (N) flatbread/pita cheese pizza ham & cheddar wheat roll <i>steamed peas & carrots</i> fresh salad bowl w/spinac chilled applesauce raisin crunch cup	17 PANKO-CRUMB FISH FILET <i>served over veggie rice pilaf</i> turkey corny dog (N) grilled cheddar'wich <i>baked nacho spinach</i> house-made black-eyed pea chilled fruit in juice sweet potato cake
20 CHICKEN NUGGETS <i>baked, breaded, white meat only</i> grilled steak & veggies wrap (N) fresh fruit bowl & yogurt <i>mashed potatoes</i> buttered cut corn chilled fruit in juice chocolate yogurt pudding	21 RANCH CHILI PIE <i>chili beef, corn chips & cheese</i> (N) cheese pizza slices turkey & jack wheat roll <i>steamed carrot coins</i> broccoli & chz brown rice salad bowl w/romaine leaf fresh grape cluster	22 BAKED FISH FILLET <i>served with fresh baked wheat roll</i> tuna salad on honey wheat (N) grilled cheddar'wich <i>diced hashbrowns potatoes</i> steamed veggie medley chilled mixed fruit pineapple oat muffin bite	23 ITALIAN MEATBALLS <i>old world sauce over fusilli pasta</i> (N) baked cheese pizza roll-up chicken salad wheat roll sub <i>steamed green beans</i> fresh salad bowl w/spinac chilled diced pears whole grain oatmeal cooki	24 GRILLED FISH FAJITAS <i>with veggies and flour tortillas</i> soft bean & cheese burrito (N) cheese enchiladas <i>Spanish brown rice</i> seasoned black beans lettuce-tomato side salad cinnamon puff pastry
27 GRILLED STEAK RIBBONS <i>with roasted red potatoes</i> (N) 4cheese hoagie pizza ham & cheddar wheat roll <i>steamed broccoli florets</i> salad bowl w/romaine leaf chilled mandarin oranges whole grain chip cookie	28 BAKED BBQ CHICKEN <i>served with fresh baked wheat roll</i> charbroiled burger - fixins (N) garden chili/chz/crackers <i>oven potato wedges</i> steamed green beans chilled fruit & gelatin baked crumb-top apples	29 PENNE PASTA LASAGNA <i>served with French bread</i> (N) cheese pizza slices turkey & jack wheat wrap <i>yellow wax beans</i> cucumber veggie salad chilled diced peaches carrot spice cake'ettes		



FRESH FRUIT
selections served
EVERDAY !!



Fresh or
Frozen



Veggies
Only !!

Always
BAKED...

.... NEVER
fried !!

(N)=nonmeat
entrees

Choose from
3 Entrees

Choose
3 Sides from 4

fresh baked
rolls &
desserts



lean
meats,
chicken
breast meat
only !!

(expect drumsticks)

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