



August 2017 - Newman International Academy



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Breakfast

- * WG cereal "mini wheat" bowl
- * whole wheat oat bread & jelly
- * fresh 138ct seasonal apple - milk
- * LUNCH *

- ~ Hawaiian Chicken Sandwich
- * island potato & pasta salad
- * teriyaki vegetable medley
- * chilled pineapple chunks
- 1% or fat free milk
- (ketchup)

Breakfast

- * warm Spanish omelet sandwich on WG flatbread - fresh salsa
- * fresh banana - fruit juice - milk
- * LUNCH *

- ~ Beef Taco Salad with Chips
- whole wheat 6" tortilla
- seasoned black beans
- carrots & cumin
- strawberry, apple & orange
- 1% or fat free milk
- (Ranch)

Breakfast

- * WG cereal "fruity Os" bowl
- * fresh baked carrot spice muffin
- * diced apricots - fruit juice - milk
- * LUNCH *

- ~ Happy Taters w/"Chili Joe n' Chz"
- corn on the cob
- fresh seasonal apple
- 1% or fat free milk
- (Ketchup)

Breakfast

- * WG pancake "slider"wich with a turkey sausage patty - syrup
- * fresh-cut cantaloupe - fruit juice - milk
- * LUNCH *

- ~ Margherita Cheese Pizza-V
- green bean & carrot medley
- fresh-cut garden salad greenz'
- chilled mixed fruit
- 1% or fat free milk
- (Ranch)

Breakfast

- * fresh baked warm Cinnamon & peach WG "sticky bun"
- * pineapple chunks - fruit juice - milk
- * LUNCH *

- ~ Fajita Chicken Wrap
- Tex-Mex potatoes
- charro pinto beans
- fresh taco salad greenz'
- fresh-cut orange wedges
- (ranch, salsa)
- 1% or fat free milk

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Breakfast

- * raisins & toasted oats cereal bowl
- * fresh baked WG triberry "flatcake"
- * pear halves - fruit juice - milk
- * LUNCH *

- ~ Charbroiled Beef Burger
- whole wheat bun & fixin's
- oven baked crinkle cut "fries"
- peas & carrots w/herbs
- fresh seasonal apple
- (ketchup)
- 1% or fat free milk

Breakfast

- * scrambled egg burrito w/cheddar & potato in a WG tortilla - salsa
- * fresh-cut orange - fruit juice - milk
- * LUNCH *

- ~ Deep Dish Cheese Pizza-V
- fresh-cut garden salad greenz'
- chilled mixed fruit
- 1% or fat free milk
- (Ranch)

Breakfast

- * WG cereal "flake" medley
- * fresh baked blueberry oat muffin
- * fresh-cut fruit cup - fruit juice - milk
- * LUNCH *

- ~ Southern Chicken & Waffle
- fresh baked whole corn cornbread
- stewed tomatoes & greens
- red beans & whole grain rice
- chilled peach slices
- 1% or fat free milk
- (Syrup)

Breakfast

- * French toast slices - syrup
- * turkey sausage patty
- * applesauce - fruit juice - milk
- * LUNCH *

- ~ Breaded Steak "Fritters"
- fresh baked whole wheat roll
- real mashed potato medley
- cut green beans with garlic
- fresh grape bunch
- 1% or fat free milk
- (ketchup)

Breakfast

- * fresh baked whole grain biscuit with warm breaded chicken breast
- * fresh banana - fruit juice - milk
- * LUNCH *

- ~ Shredded Chicken Tostada
- Spanish-style brown rice
- frijoles con elote (corn)
- fresh taco salad greenz'
- fresh-cut pineapple wedge
- (ranch, salsa)
- 1% or fat free milk

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Breakfast

- * fruit & yogurt cup
- * whole wheat oat bread & jelly
- * fresh-cut orange - fruit juice - milk
- * LUNCH *

- ~ Breaded Chicken Nuggets
- fresh baked whole wheat breadstick
- cowboy "baked beans"
- fresh vegetable sticks
- chilled pear slices
- (ketchup)

Breakfast

- * WG cereal "fruity Os" bowl
- * fresh baked pineapple crumb muffin
- * chilled apricots - fruit juice - milk
- * LUNCH *

- ~ BBQ Pulled Chicken Sandwich
- real mashed potato medley
- carrot coins & herbs
- fresh seasonal apple
- 1% or fat free milk

Breakfast

- * omelet bakery "cup" with egg, cheese, potato & toast - salsa
- * fresh-cut cantaloupe - fruit juice - milk
- * LUNCH *

- ~ Gyro Cheese Pizza Fold-Over-V
- Italian steamed vegetable medley
- fresh-cut garden salad greenz'
- chilled pineapple & cherries
- 1% or fat free milk
- (Ranch)

Breakfast

- * WG cereal "squares" medley
- * fresh baked cinnamon roll muffin
- * chilled peaches - fruit juice - milk
- * LUNCH *

- ~ "Club" Salad Tortilla Wrap
- oven baked tater "tots"
- buttered confetti corn
- fresh banana
- 1% or fat free milk
- (ketchup-Mustard)



"Twelve Oaks provides freshness, variety, and good nutrition on a daily basis"

General Allergen Statement

As written on the menu notes section of www.twelveoakscatering.com, "In accordance with current sensitivities towards nut allergies, Twelve Oaks Catering does not purchase or produce menu Items made with tree nuts, although some of our purchased bakery and grain Items have labels denoting that they have been produced in a facility where tree nuts may be used and could contain a trace amount of those Items." Twelve Oaks Catering produces many Items that contain wheat, soy, eggs and dairy. Although we limit the number of processed entrées in items used, those items, as well as USDA commodity Items, change often. As a result, we do not publish a specific listing of those Items and their contents. Should questions arise about specific menu items, please contact us at: info@twelveoakscatering.com and we will provide ingredient information, as it is available to us via labeling.