

2017 October - Newman International School;

 <p>2</p> <p>Breakfast</p> <ul style="list-style-type: none"> * fruit & yogurt cup * whole wheat oat bread & jelly * fresh-cut orange - fruit juice - milk * LUNCH * <p>~ breaded chicken nuggets</p> <p>fresh baked whole wheat breadstick cowboy "baked beans" fresh vegetable sticks chilled pear slices 1% or fat free milk (ketchup, ranch) **</p>	<p>3</p> <p>Breakfast</p> <ul style="list-style-type: none"> * wg cereal "fruity Os" bowl * fresh baked pineapple crumb muffin * chilled apricots - fruit juice - milk * LUNCH * <p>~ homestyle meatloaf slice</p> <p>fresh baked whole corn cornbread real mashed potato medley carrot coins & herbs fresh seasonal apple 1% or fat free milk **</p>	<p>4</p> <p>Breakfast</p> <ul style="list-style-type: none"> * omelet bakery "cup" with egg, cheese, potato & pastry - salsa * fresh-cut cantaloupe - fruit juice - milk * LUNCH * <p>~ bistro chicken pasta</p> <p>fresh baked tomato parmesan roll Italian vegetable medley fresh-cut garden salad greenz' chilled pineapple & cherries 1% or fat free milk (ranch) **</p>	<p>5</p> <p>Breakfast</p> <ul style="list-style-type: none"> * wg cereal "squares" medley * fresh baked cinnamon roll muffin * chilled peaches - fruit juice - milk * LUNCH * <p>~ "Club" salad wrap</p> <p>on whole grain flour tortilla oven baked tater "tots" confetti corn saute fresh banana 1% or fat free milk (ketchup-mustard) **</p>	 <p>6</p> <p>Breakfast</p> <ul style="list-style-type: none"> * whole grain waffles - syrup * breakfast hashbrown - ketchup * cinnamon apples - fruit juice - milk * LUNCH * <p>~ nacho chips & cheese-v wild & brown rice w/spinach cilantro black beans fresh taco salad greenz' fresh-cut watermelon wedge 1% or fat free milk (ranch, salsa) **</p>
 <p>9</p> <p>Student Holiday</p> <p>No Classes</p>	<p>10</p> <p>Breakfast</p> <ul style="list-style-type: none"> * warm whole grain bagel with turkeyham & cheese * fresh banana - fruit juice - milk * LUNCH * <p>~ baked chicken pomodoro</p> <p>fresh baked garlic breadstick Tuscan white beans fresh-cut garden salad greenz' strawberries n' applesauce 1% or fat free milk (ranch) **</p>	<p>11</p> <p>Breakfast</p> <ul style="list-style-type: none"> * wg cereal "cinnamon Os" bowl * fresh baked apple n' oats muffin * fresh-cut cantaloupe - fruit juice - milk * LUNCH * <p>~ General Tso's chicken & pineapple steamed brown rice stir-fry broccoli & water chestnuts fresh cucumber wedge chilled mandarin oranges 1% or fat free milk **</p>	<p>12</p> <p>Breakfast</p> <ul style="list-style-type: none"> * wg pancake "pig in a blanket" with a turkey sausage link - syrup * pineapple chunks - fruit juice - milk * LUNCH * <p>~ beef steak & savory gravy</p> <p>fresh baked whole wheat roll real mashed potato medley green peas with mint fresh seasonal apple 1% or fat free milk **</p>	 <p>13</p> <p>Breakfast</p> <ul style="list-style-type: none"> * fresh baked warm apple cinnamon wg "sticky bun" * chilled pears - fruit juice - milk * LUNCH * <p>Early Release Day</p> <p>~ Shaved Turkey & Jack Pita fresh salad side fresh veggie sticks fresh fruit selection 1% or fat free milk (condiments) **</p>
 <p>16</p> <p>Breakfast</p> <ul style="list-style-type: none"> * fresh baked whole grain biscuit with warm turkey sausage patty * fresh-cut orange - fruit juice - milk * LUNCH * <p>~ breaded chicken nuggets</p> <p>fresh baked whole wheat breadstick oven baked waffle-cut "fries" crinkle carrots & herbs baked spiced apples 1% or fat free milk (ketchup) **</p>	<p>17</p> <p>Breakfast</p> <ul style="list-style-type: none"> * wg cereal "flake" medley * fresh baked peach yogurt muffin * mandarin oranges - fruit juice - milk * LUNCH * <p>~ breaded beef steak & gravy</p> <p>fresh baked whole wheat roll real mashed potato medley California vegetable medley fresh seasonal apple 1% or fat free milk **</p>	<p>18</p> <p>Breakfast</p> <ul style="list-style-type: none"> * scrambled egg burrito w/cheddar & potato in a WG tortilla - salsa * fresh-cut fruit cup - fruit juice - milk * LUNCH * <p>~ classic meatsauce & rigatoni</p> <p>fresh baked whole grain roll fresh-cut garden salad greenz' cut green beans with garlic pineapple & gelatin 1% or fat free milk (ranch) **</p>	<p>19</p> <p>Breakfast</p> <ul style="list-style-type: none"> * wg cereal "squares" medley * fresh baked WG triberry "flatcake" * fresh banana - fruit juice - milk * LUNCH * <p>~ baked "chili Joe" potato</p> <p>with shredded cheddar cheese whole wheat oat bread navy "soup" beans chilled mixed fruit 1% or fat free milk **</p>	 <p>20</p> <p>Breakfast</p> <ul style="list-style-type: none"> * French toast slices - syrup * breakfast hashbrown - ketchup * applesauce - fruit juice - milk * LUNCH * <p>~ brisket & Jack quesadilla</p> <p>Tex-Mex 'style brown rice seasoned black beans fresh taco salad greenz' fresh-cut watermelon wedge 1% or fat free milk (taco sauce) **</p>
 <p>23</p> <p>Breakfast</p> <ul style="list-style-type: none"> * wg cereal "mini wheat" bowl * whole wheat oat bread & jelly * fresh 138ct seasonal apple - milk * LUNCH * <p>~ "breakfast..for lunch"</p> <p>pancakes, egg, & turkey sausage oven baked diced potatoes peas and carrots with herbs chilled pineapple chunks 1% or fat free milk (ketchup) **</p>	<p>24</p> <p>Breakfast</p> <ul style="list-style-type: none"> * warm Spanish omelet sandwich on wg flatbread - fresh salsa * fresh banana - fruit juice - milk * LUNCH * <p>~ beef & cheese taco salad</p> <p>fresh salad greenz' & tomatoes with whole corn tortilla chips charro pinto beans fresh-cut mixed fruit 1% or fat free milk (ranch, salsa) **</p>	<p>25</p> <p>Breakfast</p> <ul style="list-style-type: none"> * wg cereal "fruity Os" bowl * fresh baked carrot spice muffin * diced apricots - fruit juice - milk * LUNCH * <p>~ breaded chicken tender 'wich</p> <p>whole wheat burger bun corn on the cob Southern greens saute fresh seasonal apple 1% or fat free milk (ketchup) **</p>	<p>26</p> <p>Breakfast</p> <ul style="list-style-type: none"> * wg pancake "slider'wich" with a turkey sausage patty - syrup * fresh-cut cantaloupe - fruit juice - milk * LUNCH * <p>~ chicken spaghetti Carbonara</p> <p>* fresh baked wg garlic roll herb string bean & carrot medley fresh-cut garden salad greenz' chilled mixed fruit 1% or fat free milk (ranch) **</p>	 <p>27</p> <p>Breakfast</p> <ul style="list-style-type: none"> * fresh baked warm Cinnamon & peach wg "sticky bun" * pineapple chunks - fruit juice - milk * LUNCH * <p>~ fajita chicken wrap</p> <p>Texican roast potatoes house-made refried pinto beans fresh taco salad greenz' fresh-cut orange wedges 1% or fat free milk (ranch, salsa) **</p>
 <p>30</p> <p>Breakfast</p> <ul style="list-style-type: none"> * raisins & toasted oats cereal bowl * fresh baked wg triberry "flatcake" * pear halves - fruit juice - milk * LUNCH * <p>~ charbroiled beef burger</p> <p>whole wheat bun & fixin's oven baked crinkle cut "fries" peas & carrots w/herbs fresh seasonal apple 1% or fat free milk (ketchup) **</p>	<p>31</p> <p>Breakfast</p> <ul style="list-style-type: none"> * scrambled egg burrito w/cheddar & potato in a wg tortilla - salsa * fresh-cut orange - fruit juice - milk * LUNCH * <p>~ deep dish cheese pizza-v</p> <p>parmesan cauliflower/broccoli fresh-cut garden salad greenz' chilled mixed fruit ff ranch dressing 1% or fat free milk **</p>			

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

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 is available to us via labeling.