



September 2017 - Newman International Academy

				 <p>Breakfast * whole grain waffles - syrup * breakfast hashbrown - ketchup * cinnamon apples - fruit juice - milk * LUNCH *</p>
				<p>- Beef & Cheddar Grilled Burrito 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>LABOR DAY</p>	 <p>Breakfast * warm whole grain bagel with turkeyham & cheese * fresh banana - fruit juice - milk * LUNCH *</p> <p>- Tomato/Mozzarella Panini-V Tuscan white beans fresh-cut garden salad greenz' strawberry applesauce ** ** 1% or fat free milk (ranch)</p>	<p>Breakfast * WG cereal "cinnamon Os" bowl * fresh baked apple n' oats muffin * fresh-cut cantaloupe - fruit juice - milk * LUNCH *</p> <p>- General Tso's Pineapple Chicken fresh baked whole wheat roll broccoli cuts and water chestnuts fresh cucumber wedge chilled mandarin oranges ** ** 1% or fat free milk</p>	<p>Breakfast * WG pancake "pig in a blanket" with a turkey sausage link - syrup * pineapple chunks - fruit juice - milk * LUNCH *</p> <p>- Grilled Cheese on Oat Wheat-V real mashed potato medley green peas with mint fresh seasonal apple ** ** 1% or fat free milk</p>	 <p>Breakfast * fresh baked warm apple cinnamon WG "sticky bun" * chilled pears - fruit juice - milk * LUNCH *</p> <p>- King Ranch Enchiladas tex-mex pasta with confetti squash ranchero pinto beans fresh taco salad greenz' fresh grape bunch ** ** 1% or fat free milk (ranch, salsa)</p>
 <p>Breakfast * fresh baked whole grain biscuit with warm turkey sausage patty * fresh-cut orange - fruit juice - milk * LUNCH *</p> <p>- Breaded Chicken Nuggets fresh baked whole wheat breadstick oven baked diced potatoes crinkle carrots & herbs baked spiced apples ** ** 1% or fat free milk (ketchup)</p>	<p>Breakfast * WG cereal "flake" medley * fresh baked peach yogurt muffin * mandarin oranges - fruit juice - milk * LUNCH *</p> <p>- Smothered Chicken Breast Cutlets fresh baked whole wheat roll real mashed potato medley California vegetable medley fresh seasonal apple ** ** 1% or fat free milk</p>	<p>Breakfast * scrambled egg burrito w/cheddar & potato in a WG tortilla - salsa * fresh-cut fruit cup - fruit juice - milk * LUNCH *</p> <p>- Grilled Chicken Caesar Salad fresh baked whole grain roll cut green beans with garlic fresh-cut garden salad greenz' pineapple & gelatin ** ** 1% or fat free milk (ranch)</p>	<p>Breakfast * WG cereal "squares" medley * fresh baked WG triberry "flatcake" * fresh banana - fruit juice - milk * LUNCH *</p> <p>- Stuffed "Chili Joe" Potato fresh baked whole wheat roll navy "soup" beans fresh vegetable sticks chilled mixed fruit ** ** 1% or fat free milk (ranch)</p>	 <p>Breakfast * French toast slices - syrup * breakfast hashbrown - ketchup * applesauce - fruit juice - milk * LUNCH *</p> <p>- Nacho Chips & Cheese Tray-V Spanish-style brown rice chunky refried beans cucumber pico de gallo fresh-cut watermelon wedge ** ** 1% or fat free milk (ranch, salsa)</p>
 <p>Breakfast * WG cereal "mini wheat" bowl * whole wheat oat bread & jelly * fresh 138ct seasonal apple - milk * LUNCH *</p> <p>- Hawaiian Chicken Sandwich island potato & pasta salad teriyaki vegetable medley chilled pineapple chunks ** ** 1% or fat free milk (ketchup)</p>	<p>Breakfast * warm Spanish omelet sandwich on WG flatbread - fresh salsa * fresh banana - fruit juice - milk * LUNCH *</p> <p>- Baked Santa Fe Adobo Chicken whole wheat 6" tortilla seasoned black beans carrots & cumin strawberry, apple & orange ** ** 1% or fat free milk (ranch)</p>	<p>Breakfast * WG cereal "fruity Os" bowl * fresh baked carrot spice muffin * diced apricots - fruit juice - milk * LUNCH *</p> <p>- Happy Taters w/"Chili Joe n' Chz" fresh baked whole wheat roll Southern greens & lentils corn on the cob fresh seasonal apple ** ** 1% or fat free milk (ketchup)</p>	<p>Breakfast * WG pancake "slider'wich" with a turkey sausage patty - syrup * fresh-cut cantaloupe - fruit juice - milk * LUNCH *</p> <p>- Chicken Spaghetti Carbonara fresh baked garlic breadstick green bean & carrot medley fresh-cut garden salad greenz' chilled mixed fruit ** ** 1% or fat free milk (ranch)</p>	 <p>Breakfast * fresh baked warm Cinnamon & peach WG "sticky bun" * pineapple chunks - fruit juice - milk * LUNCH *</p> <p>- Fajita Chicken Wrap Texican potatoes charro pinto beans fresh taco salad greenz' fresh-cut orange wedges ** ** 1% or fat free milk (ranch, salsa)</p>
 <p>Breakfast * raisins & toasted oats cereal bowl * fresh baked WG triberry "flatcake" * pear halves - fruit juice - milk * LUNCH *</p> <p>- Charbroiled Beef Burger 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>Breakfast * scrambled egg burrito w/cheddar & potato in a WG tortilla - salsa * fresh-cut orange - fruit juice - milk * LUNCH *</p> <p>- Meatballs Romana & Pasta fresh baked whole grain roll parmesan cauliflower/broccoli fresh-cut garden salad greenz' chilled mixed fruit ** ** 1% or fat free milk (ranch)</p>	<p>Breakfast * WG cereal "flake" medley * fresh baked blueberry oat muffin * fresh-cut fruit cup - fruit juice - milk * LUNCH *</p> <p>- Baked Mac & Cheese-V fresh baked whole corn cornbread stewed tomatoes & greens red beans & whole grain rice chilled peach slices ** ** 1% or fat free milk (syrup)</p>	<p>Breakfast * French toast slices - syrup * turkey sausage patty * applesauce - fruit juice - milk * LUNCH *</p> <p>- 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)</p>	 <p>Breakfast * fresh baked whole grain biscuit with warm breaded chicken breast * fresh banana - fruit juice - milk * LUNCH *</p> <p>- Shredded Chicken Tostada Spanish-style brown rice frijoles con elote (corn) fresh taco salad greenz' fresh-cut pineapple wedge ** ** 1% or fat free milk (ranch, salsa)</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.