









Newman International Academy - February 2018 "Duet" Menu

			<p>Breakfast</p> <ul style="list-style-type: none"> * wg cereal "squares" bowl * <i>fresh baked</i> WG triberry "flatcake" * <i>fresh</i> banana - fruit juice - milk <p>* LUNCH *</p> <p>- MAC Daddy Pasta with Chili Joe</p> <p><i>fresh veggie strips "salad"</i></p> <p><i>bbq white beans</i> <i>pears & gelatin</i> <i>ketchup, mustard</i> 1% or fat free milk</p> 	<p>Breakfast</p> <ul style="list-style-type: none"> * French toast sticks - syrup * turkey sausage link * diced peaches - fruit juice - milk <p>* LUNCH *</p> <p>- Nacho Chips & Cheese <i>Tex-Mex 'style brown rice</i> <i>seasoned black beans</i> <i>fresh taco salad greenz'</i> <i>fresh-cut seasonal melon slice</i> <i>taco sauce, ff ranch dressing</i> 1% or fat free milk</p> 
<p>Breakfast</p> <ul style="list-style-type: none"> * wg cereal "CinnaToast" bowl * whole wheat oat bread & jelly * seasonal apple - fruit juice - milk <p>* LUNCH *</p> <p>- TX BBQ Cheddar Steakburger <i>with whole grain bun</i> <i>oven baked diced potatoes</i> <i>fresh-cut seasonal raw veggies</i> <i>chilled pineapple chunks</i> <i>ketchup</i> 1% or fat free milk</p> 	<p>Breakfast</p> <ul style="list-style-type: none"> * <i>warm</i> breakfast bagel 'Za with turkey bacon, egg & cheese * <i>fresh</i> banana - fruit juice - milk <p>* LUNCH *</p> <p>- Beef & Cheese Taco Salad <i>with whole corn tortilla chip</i> <i>and fresh-cut salad greenz'</i> <i>charro pinto beans</i> <i>fresh-cut mixed fruit</i> <i>fresh salsa, ff ranch dressing</i> 1% or fat free milk</p>	<p>Breakfast</p> <ul style="list-style-type: none"> * wg cereal "fruity Os" bowl * <i>fresh baked</i> carrot spice muffin * diced apricots - fruit juice - milk <p>* LUNCH *</p> <p>- Chicken Tender Sandwich <i>whole wheat burger bun</i> <i>corn on the cob</i> <i>Southern greens saute</i> <i>fresh seasonal fruit (apple)</i> <i>ketchup</i> 1% or fat free milk</p>	<p>Breakfast</p> <ul style="list-style-type: none"> * wg pancake "slider"wich" with a turkey sausage patty - syrup * <i>fresh-cut</i> cantaloupe - fruit juice - milk <p>* LUNCH *</p> <p>- Garlic Cheese Bread <i>on whole wheat french bread</i> <i>green bean & carrot medley</i> <i>fresh-cut garden salad greenz'</i> <i>chilled mixed fruit</i> <i>ff ranch dressing</i> 1% or fat free milk</p> 	<p>Breakfast</p> <ul style="list-style-type: none"> * <i>fresh baked</i> warm cinnamon peach wg "sticky bun" * pineapple chunks - fruit juice - milk <p>* LUNCH *</p> <p>- Deluxe Queso Nachos <i>Texican roast potatoes</i> <i>house-made refried pinto beans</i> <i>taco salad greenz' + peppers + olives</i> <i>fresh-cut orange wedges</i> <i>taco sauce & ff ranch dressing</i> 1% or fat free milk</p>
<p>Breakfast</p> <ul style="list-style-type: none"> * toasted oats & raisins cereal bowl * <i>fresh baked</i> wg triberry "flatcake" * chilled pears - fruit juice - milk <p>* LUNCH *</p> <p>- Charbroiled Beef Burger <i>whole wheat bun & L/T/P "salad"</i> <i>oven baked crinkle cut "fries"</i> <i>fresh-cut seasonal raw veggies</i> <i>fresh seasonal fruit (apple)</i> <i>ketchup, ff ranch dressing</i> 1% or fat free milk</p>	<p>Breakfast</p> <ul style="list-style-type: none"> * breakfast taquito & taco sauce 1/2 egg-tater-cheese - 1/2 chorizo-tater-cheese * <i>fresh-cut</i> orange - fruit juice - milk <p>* LUNCH *</p> <p>- Cheesy 'Dish Pizza <i>in a whole grain crust</i> <i>parmesan cauliflower/broccoli</i> <i>fresh-cut garden salad greenz'</i> <i>chilled mixed fruit</i> <i>ff ranch dressing</i> 1% or fat free milk</p> 	<p>Breakfast</p> <ul style="list-style-type: none"> * wg cereal "flakes" medley * <i>fresh baked</i> blueberry oat muffin * <i>fresh-cut</i> fruit cup - fruit juice - milk <p>* LUNCH *</p> <p>- Chopped Beef Po' Boy <i>whole grain sub roll</i> <i>NOLA-style red beans</i> <i>bit of garlic cut green beans</i> <i>chilled peach slices</i> ** 1% or fat free milk</p>	<p>Breakfast</p> <ul style="list-style-type: none"> * French toast slices - syrup * turkey sausage patty * applesauce - fruit juice - milk <p>* LUNCH *</p> <p>- Breaded Steak Fritter <i>fresh baked whole wheat roll</i> <i>real mashed potato medley</i> <i>herbed peas & carrots</i> <i>fresh grape bunch</i> <i>ketchup</i> 1% or fat free milk</p>	<p>Breakfast</p> <ul style="list-style-type: none"> * <i>fresh baked</i> whole grain biscuit with warm breaded chicken breast * <i>fresh</i> banana - fruit juice - milk <p>* LUNCH *</p> <p>- Shredded Chicken Tostada <i>Tex-Mex-style brown rice</i> <i>frijoles con elote (corn)</i> <i>fresh taco salad greenz'</i> <i>fresh-cut pineapple wedge</i> <i>fresh salsa, ff ranch dressing</i> 1% or fat free milk</p>
<p>Presidents Day Holiday</p>	<p>Breakfast</p> <ul style="list-style-type: none"> * wg cereal "fruity Os" bowl * <i>fresh baked</i> cinnamon "monkeybread" * chilled apricots - fruit juice - milk <p>* LUNCH *</p> <p>- Homestyle Meatloaf & Gravy <i>fresh baked whole corn cornbread</i> <i>real mashed potato medley</i> <i>herbed carrot coins</i> <i>fresh seasonal fruit (apple)</i> ** 1% or fat free milk</p>	<p>Breakfast</p> <ul style="list-style-type: none"> * biscuit "pastry" cup with egg, cheese, and potato - house salsa * <i>fresh-cut</i> cantaloupe - fruit juice - milk <p>* LUNCH *</p> <p>- Pepperoni Pizza Bread <i>on whole wheat french bread</i> <i>Italian vegetable medley</i> <i>fresh Caesar salad</i> <i>chilled cherry & pineapple salad</i> <i>side of Caesar dressing</i> 1% or fat free milk</p>	<p>Breakfast</p> <ul style="list-style-type: none"> * wg cereal "CinnaToast" bowl * <i>fresh baked</i> pineapple crumb muffin * chilled peaches - fruit juice - milk <p>* LUNCH *</p> <p>- Turkey Dog/Chili/Cheese <i>whole wheat coney bun</i> <i>cowboy "baked beans"</i> <i>fresh-cut seasonal raw veggies</i> <i>fresh banana</i> <i>ketchu, mustard, ff ranch dressing</i> 1% or fat free milk</p> 	<p>Breakfast</p> <ul style="list-style-type: none"> * whole grain waffle - syrup * breakfast hashbrown - ketchup * cinnamon apples - fruit juice - milk <p>* LUNCH *</p> <p>- Nacho Chips & Cheese <i>wild & brown rice w/spinach</i> <i>cilantro black beans</i> <i>fresh taco salad greenz'</i> <i>fresh-cut seasonal melon slice</i> <i>taco sauce</i> 1% or fat free milk</p>
<p>Breakfast</p> <ul style="list-style-type: none"> * wg cereal "apple-cinn Os" bowl * <i>fresh baked</i> banana bread "flatcake" * <i>fresh-cut</i> orange - fruit juice - milk <p>* LUNCH *</p> <p>- American cheeseburger <i>whole wheat bun & L/T/P "salad"</i> <i>oven baked tater "tots"</i> <i>steamed whole green beans</i> <i>chilled mixed fruit</i> <i>ketchup</i> 1% or fat free milk</p> 	<p>Breakfast</p> <ul style="list-style-type: none"> * <i>warm</i> whole grain flatbread with turkeyham & cheese * <i>fresh</i> banana - fruit juice - milk <p>* LUNCH *</p> <p>- Pepperoni 'Dish Pizza <i>in a whole grain crust</i> <i>Tuscan white beans</i> <i>fresh-cut garden salad greenz'</i> <i>strawberry applesauce</i> <i>ff ranch dressing</i> 1% or fat free milk</p> 	<p>Breakfast</p> <ul style="list-style-type: none"> * toasted oats & raisins cereal bowl * <i>fresh baked</i> apple n' oats muffin * <i>fresh-cut</i> cantaloupe - fruit juice - milk <p>* LUNCH *</p> <p>- Teriyaki Beef "Sloppy Joe" <i>whole wheat burger bun</i> <i>steamed brown rice</i> <i>carrot & broccoli toss</i> <i>fresh cucumber wedge</i> <i>chiled pineapple chunks</i> 1% or fat free milk</p>	<p>1-Mar</p>	<p>2-Mar</p>

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



