



March 2018 - Newman International Academy

			<p>Breakfast * wg pancake "pig in a blanket" with a turkey sausage link - syrup * pineapple chunks - fruit juice - milk * LUNCH *</p>	<p>Breakfast * <i>fresh baked</i> upsidedown apple n' cinnamon wg "sticky bun" * chilled pears - fruit juice - milk * LUNCH *</p>
			<p>~ Savory Gravy Beef Steak <i>fresh baked whole wheat roll</i> <i>real mashed potato medley</i> <i>hint of mint green peas</i> <i>fresh seasonal fruit (apple)</i> ** 1% or fat free milk</p>	<p>~ Nacho Chips & Cheese <i>Southwestern sweet potatoes</i> <i>ranchero pinto beans</i> <i>cucumber pico de gallo</i> <i>fresh grape bunch</i> <i>housemade salsa</i> 1% or fat free milk</p>
<p>Breakfast * <i>fresh baked</i> whole grain biscuit with <i>warm</i> turkey sausage patty * <i>fresh-cut</i> orange - fruit juice - milk * LUNCH *</p> <p>~ Fresh Fruit-Yogurt-Cheese Box <i>fresh baked whole wheat breadstick</i> <i>oven baked waffle-cut "fries"</i> <i>herbed crinkle carrots</i> <i>baked spiced apples</i> <i>ketchup</i> 1% or fat free milk</p>	<p>Breakfast * wg cereal "flakes" medley * <i>fresh baked</i> peach yogurt muffin * mandarin oranges - fruit juice - milk * LUNCH *</p> <p>~ chicken "fried" steak'wich <i>whole wheat bun & L/T/P "salad"</i> <i>real mashed potato medley</i> <i>California vegetable medley</i> <i>fresh seasonal fruit (apple)</i> <i>ketchup</i> 1% or fat free milk</p>	<p>Breakfast * breakfast taquito & taco sauce 1/2 egg-tater-cheese - 1/2 chorizo-tater-cheese * <i>fresh-cut</i> fruit cup - fruit juice - milk * LUNCH *</p> <p>~ Cheese Pizza Square <i>on a whole grain crust</i> <i>bit of garlic cut green beans</i> <i>fresh Italian "chopped" salad</i> <i>chilled mixed fruit</i> <i>Italian dressing</i> 1% or fat free milk</p>	<p>Breakfast * wg cereal "squares" bowl * <i>fresh baked</i> WG triberry "flatcake" * <i>fresh</i> banana - fruit juice - milk * LUNCH *</p> <p>~ MAC Daddy Chili Mac Pasta <i>with whole grain pasta</i> <i>fresh veggie strips "salad"</i> <i>bbq white beans</i> <i>pears & gelatin</i> ** 1% or fat free milk</p>	<p>Breakfast * French toast sticks - syrup * turkey sausage link * diced peaches - fruit juice - milk * LUNCH *</p> <p>Early Release ~ Box Lunches</p>
<p>Spring Break</p>	<p>Spring Break</p>	<p>Spring Break</p>	<p>Spring Break</p>	<p>Spring Break</p>
<p>Breakfast * toasted oats & raisins cereal bowl * <i>fresh baked</i> wg triberry "flatcake" * chilled pears - fruit juice - milk * 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</i> 1% or fat free milk</p>	<p>Breakfast * breakfast taquito & taco sauce 1/2 egg-tater-cheese - 1/2 chorizo-tater-cheese * <i>fresh-cut</i> orange - fruit juice - milk * LUNCH *</p> <p>~ Cheesy 'Dish Pizza <i>on whole grain pizza 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 * wg cereal "flakes" medley * <i>fresh baked</i> blueberry oat muffin * <i>fresh-cut</i> fruit cup - fruit juice - milk * LUNCH *</p> <p>~ "Oven-Fried" Chicken <i>over whole grain waffle</i> <i>NOLA-style red beans</i> <i>bit of garlic cut green beans</i> <i>chilled peach slices</i> <i>syrup</i> 1% or fat free milk</p>	<p>Breakfast * French toast slices - syrup * turkey sausage patty * applesauce - fruit juice - milk * 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 or brown gravy</i> 1% or fat free milk</p>	<p>Breakfast * <i>fresh baked</i> whole grain biscuit with warm breaded chicken breast * <i>fresh</i> banana - fruit juice - milk * LUNCH *</p> <p>~ Bean & Cheese Burrito <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>housemade salsa - ff ranch</i> 1% or fat free milk</p>
<p>Breakfast * fruit & yogurt cup * 100% whole wheat bread & jelly * <i>fresh-cut</i> orange - fruit juice - milk * LUNCH *</p> <p>~ Asian Beef in sauce <i>Shanghai noodles w/veggies</i> <i>fresh-cut garden salad greenz'</i> <i>chilled pear slices</i> <i>ff ranch dressing</i> **</p>	<p>Breakfast * wg cereal "fruity Os" bowl * <i>fresh baked</i> cinnamon "monkeybread" * chilled apricots - fruit juice - milk * 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> **</p>	<p>Breakfast * biscuit "pastry" cup with egg, cheese, and potato - house salsa * <i>fresh-cut</i> cantaloupe - fruit juice - milk * LUNCH *</p> <p>~ Pepperoni Pizza Bread <i>on whole wheat baguette</i> <i>Italian vegetable medley</i> <i>fresh Caesar salad</i> <i>chilled cherry & pineapple salad</i> <i>Caesar dressing</i></p>	<p>Breakfast * wg cereal "CinnaToast" bowl * <i>fresh baked</i> pineapple crumb muffin * chilled peaches - fruit juice - milk * 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>ketchup - mustard</i></p>	<p>Student Holiday</p>

1% or fat free milk

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"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 it is available to us via labeling.