



August 2017 K-12 Master Menu

<p>31-Jul</p> <p><i>we've gone bowling this semester...</i></p> <ul style="list-style-type: none"> ~ Chicken Posole Ramen Bowl - American Cheeseburger - Housemade Black Bean Burger-V whole wheat bun & fixin's oven baked skin-on potato wedges steamed whole green beans chilled mixed fruit 	<p>1</p> <ul style="list-style-type: none"> - Baked Chicken Pomodoro fresh baked garlic breadstick - Deep Dish Cheeseburger Pizza - Tomato/Mozzarella Panini-V Tuscan white beans fresh-cut garden salad greenz' strawberry applesauce rainbow gelatin 	<p>2</p> <ul style="list-style-type: none"> - General Tso's Pineapple Chicken - Teriyaki Beef & Cabbage Wrap - Soba Noodle/Asian Veggie Salad-V fresh baked whole wheat roll broccoli cuts and water chestnuts fresh cucumber wedge chilled mandarin oranges fresh baked apple n' oat bars 	<p>3</p> <ul style="list-style-type: none"> - Savory Beef Steak/Gravy - Panko Crumb Lemon Baked Fish fresh baked whole corn cornbread - Grilled Cheese on Oat Wheat-V real mashed potato medley green peas with mint fresh seasonal fruit lowfat "neapolitan" pudding parfait 	<p>4</p> <ul style="list-style-type: none"> - Fajita "Steak" Taco - King Ranch Enchiladas - Refried Bean & Cheddar Burrito-V tex-mex pasta with confetti squash ranchero pinto beans fresh taco salad greenz' fresh grape bunch "Tres Leches-style" whole grain banana cake
<p>7</p> <p><i>we've gone bowling this semester...</i></p> <ul style="list-style-type: none"> ~ Greek Beef Kabab-Rice Bowl - Breaded Chicken Nuggets - Fresh Fruit Bowl, Yogurt, Cheese-V fresh baked whole wheat breadstick oven baked diced potatoes crinkle carrots & herbs baked spiced apples 	<p>8</p> <ul style="list-style-type: none"> - Smothered Chicken Breast Cutlets - Country "Fried" Beef Steak & Gravy - Housemade Lentil "Sliders"-V fresh baked whole wheat roll real mashed potato medley California vegetable medley fresh seasonal fruit fresh baked peach & yogurt bars 	<p>9</p> <ul style="list-style-type: none"> - Classic Meatsauce & Rigatoni - Grilled Chicken Caesar Salad - Eggplant Parmesan Sub-V fresh baked whole grain roll cut green beans with garlic fresh-cut garden salad greenz' pineapple & gelatin whole grain Italian chocolate cake 	<p>10</p> <ul style="list-style-type: none"> - Mojo Caribbean Chicken Wings - Stuffed "Chili Joe" Potato - Broccoli Cheese Stuffed Potato-V fresh baked whole wheat roll navy "soup" beans fresh vegetable sticks chilled mixed fruit fresh fruit n' yogurt stack 	<p>11</p> <ul style="list-style-type: none"> - Brisket & Jack Quesadilla - Baja Fish "Street Taco" - Nacho Chips & Cheese Tray-V Spanish-style brown rice chunky refried beans cucumber pico de gallo fresh-cut watermelon wedge fresh baked cinnamon pastry puffs
<p>14</p> <p><i>we've gone bowling this semester...</i></p> <ul style="list-style-type: none"> ~ "Breakfast..for Lunch..in a Bowl" egg, cheesy shredded taters, & toast - Hawaiian Chicken Sandwich - Roasted Chickpea Gyro Wrap-V * island potato & pasta salad * teriyaki vegetable medley * chilled pineapple chunks 	<p>15</p> <ul style="list-style-type: none"> - Baked Santa Fe Adobo Chicken - Beef Taco Salad with Chips - Taco Salad (nonmeat protein)-V whole wheat 6" tortilla seasoned black beans carrots & cumin strawberry, apple & orange vanilla yogurt & whole grain cookie "crumble" 	<p>16</p> <ul style="list-style-type: none"> - Happy Taters w/"Chili Joe n' Chz" - Honey Grilled Chicken Strips - Happy Taters (nonmeat protein)-V fresh baked whole wheat roll Southern greens & lentils corn on the cob fresh seasonal fruit fresh baked carrot spice mini muffins 	<p>17</p> <ul style="list-style-type: none"> - Chicken Spaghetti Carbonara * fresh baked garlic breadstick - Turkeyham "Cuban" Sandwich - Margherita Cheese Pizza-V fresh-cut garden salad greenz' chilled mixed fruit lowfat banana pudding (yes, with wafers!) 	<p>18</p> <ul style="list-style-type: none"> - Chili con Carne Enchiladas - Fajita Chicken Wrap - Grilled Veggie/Queso Fresco "Dilla-V Tex-Mex potatoes charro pinto beans fresh taco salad greenz' fresh-cut orange wedges fresh baked apple churro
<p>21</p> <p><i>we've gone bowling this semester...</i></p> <ul style="list-style-type: none"> ~ Shanghai Chicken Noodle Bowl - Charbroiled Beef Burger - Housemade Falafel Burger-V whole wheat bun & fixin's oven baked crinkle cut "fries" peas & carrots w/herbs fresh seasonal fruit 	<p>22</p> <ul style="list-style-type: none"> - Meatballs Romana & Pasta - Garlic Parmesan Wings - Deep Dish Cheese Pizza-V fresh baked whole grain roll parmesan cauliflower/broccoli fresh-cut garden salad greenz' chilled mixed fruit lowfat "neapolitan" pudding parfait 	<p>23</p> <ul style="list-style-type: none"> - Southern Chicken & Waffle - Crispy or Grilled Fish Po'Boy - Baked Mac & Cheese-V fresh baked whole corn cornbread stewed tomatoes & greems red beans & whole grain rice chilled peach slices fresh baked blueberry oat bars 	<p>24</p> <ul style="list-style-type: none"> - Breaded Steak "Fritters" - Pasta Prima Vera-V fresh baked whole wheat roll - Grilled Cheese on Oat Wheat-V real mashed potato medley cut green beans with garlic fresh grape bunch rainbow gelatin 	<p>25</p> <ul style="list-style-type: none"> - Stuffed Beef Enchiladarito - Shredded Chicken Tostada - Grilled 3'Cheese Quesadilla-V Spanish-style brown rice frijoles con elote (corn) fresh taco salad greenz' fresh-cut pineapple wedge fresh baked cinnamon pastry puffs
<p>28</p> <p><i>we've gone bowling this semester...</i></p> <ul style="list-style-type: none"> ~ Korean Beef-Vegetable-Rice Bowl - Breaded Chicken Nuggets - Cheddar Potato Po' Boy-V fresh baked whole wheat breadstick cowboy "baked beans" fresh vegetable sticks chilled pear slices 	<p>29</p> <ul style="list-style-type: none"> - Creole Homestyle Meatloaf - BBQ Pulled Chicken Sandwich - Baked Stuffed Peppers-V fresh baked whole corn cornbread real mashed potato medley carrot coins & herbs fresh seasonal fruit fresh baked pineapple crumb bars 	<p>30</p> <ul style="list-style-type: none"> - Bistro Chicken "Alfredo" Pasta - Eggplant Marinara Tower-V fresh baked whole grain roll - Gyro Cheese Pizza Fold-Over-V Italian steamed vegetable medley fresh-cut garden salad greenz' chilled pineapple & cherries fresh fruit n' yogurt stack 	<p>31</p> <ul style="list-style-type: none"> - Mississippi Brisket, "chopped" - Chicken Chili n' Chz Turkey Dog whole wheat coney bun - "Club" or Veggie Salad Tortilla Wrap oven baked tater "tots" buttered confetti corn fresh banana fresh baked cinnamon roll bites 	<p>1-Sep</p> <ul style="list-style-type: none"> - Crunchy Tortilla Crust Baked Fish - Beef & Cheddar Grilled Burrito - Nacho Chips & Cheese Tray-V wild & brown rice w/spinach cilantro black beans fresh taco salad greenz' fresh-cut watermelon wedge whole grain "pineapple rightside up" cake

A Full Plate = one (1) Entrée Selection, and up to three (3) Sides, Fresh Fruit(s), Fresh Bakery Item with Entree, and/or Fresh-Made Dessert.

Offering EVERYDAY: *Fresh-Made* Sandwiches (at least 3 choices) and Salads (or Salad Bar) – Fruit, Cheese, or Fresh Vegetable Trays – *Fresh Baked* Whole Grain Muffins, Cookies, and other Bakery Items – Baked Chips – Milk Choices, 100% Fruit Juices, and Bottled Water

Menu items are baked... never fried! Almost all bakery items are *Fresh Baked* and *whole Grain*. Twelve Oaks uses only *Fresh* or *Frozen* Vegetables, and all Sauces, Beans, and most Entrees are made from *Scratch and In-House*.

"V" means **Non-Meat Entrée** (offered everyday). Your menu does not contain any **pork products** and we do not cook with or offer any **peanut items**

