



September 2017 K-12 Master Menu

					<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
LABOR DAY	<ul style="list-style-type: none"> - Baked Chicken Pomodoro <i>fresh baked garlic breadstick</i> - Deep Dish Cheeseburger Pizza - Tomato/Mozzarella Panini-V Tuscan white beans fresh-cut garden salad greenz' strawberries n' applesauce rainbow gelatin 	<ul style="list-style-type: none"> - General Tso's Pineapple Chicken - Teriyaki Beef & Cabbage Wrap - Soba Noodle/Asian Veggie Salad-V <i>stir-fry brown rice</i> broccoli cuts and water chestnuts fresh cucumber wedge chilled mandarin oranges fresh baked apple n' oat bars 	<ul style="list-style-type: none"> - Savory Beef Steak/Gravy - Panko Crumb Lemon Baked Fish <i>fresh baked whole wheat roll</i> - Grilled Cheese on Oat Wheat-V real mashed potato medley green peas with mint fresh seasonal fruit lowfat "neapolitan" pudding parfait 	<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 cucumber pico de gallo fresh grape bunch "Tres Leches-style" whole grain banana cake 	
<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 	<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 	<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 	<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 	<ul style="list-style-type: none"> - Brisket & Jack Quesadilla - Baja Fish "Street Tacos" - Nacho Chips & Cheese Tray-V Spanish-style brown rice chunky refried beans fresh taco salad greenz' fresh-cut watermelon wedge fresh baked cinnamon pastry puffs 	
<p><i>we've gone bowling this semester...</i></p> <ul style="list-style-type: none"> ~ "Breakfast..for Lunch..in a Bowl" egg, cheese, diced potatoes, & a biscuit - Hawaiian Chicken Sandwich - Roasted Chickpea Gyro Wrap-V * island potato & pasta salad * teriyaki vegetable "stir-fry" * chilled pineapple chunks 	<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 orange, apple, and strawberry vanilla yogurt & whole grain cookie "crumble" 	<ul style="list-style-type: none"> - Honey Grilled Chicken Strips - Happy Taters with "Chili Pie" - 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 	<ul style="list-style-type: none"> - Chicken Spaghetti Carbonara * fresh baked garlic breadstick - Turkeyham "Cuban" Sandwich - Margherita Cheese Pizza-V green bean & carrot medley fresh-cut garden salad greenz' chilled mixed fruit lowfat banana pudding (yes, with wafers!) 	<ul style="list-style-type: none"> - Chili con Carne Enchiladas - Fajita Chicken Wrap - Grilled Veggie/Queso Fresco 'Dilla-V Texcan roast potatoes charro pinto beans fresh taco salad greenz' fresh-cut orange wedges fresh baked apple churro 	
<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 	<ul style="list-style-type: none"> - Meatballs Romana & Pasta - Garlic Parmesan Wings fresh baked whole grain roll - Deep Dish Cheese Pizza-V parmesan cauliflower/broccoli fresh-cut garden salad greenz' chilled mixed fruit lowfat "neapolitan" pudding parfait 	<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 & greens rec bean NOLA-style chilled peach slices fresh baked blueberry oat bars 	<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 	<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 	

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



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