



October 2017 Master K-12 Menu

Monday

Tuesday

Wednesday

Thursday

Friday

> Korean beef, broccoli & steamed rice bowl cowboy baked beans <i>fresh baked</i> wheat breadstick > breaded chicken breast nugget box pear slices <i>fresh baked</i> whole grain cookie fresh-cut vegetable sticks & dipper	2	> homestyle meatloaf with brown gravy buttered carrot coins n' herbs <i>fresh baked</i> whole grain roll > BBQ shredded chicken whole wheat burger bun fresh fruit > baked stuffed peppers (v) (entrée or side item) <i>fresh baked</i> pineapple crumb bar	3	> bistro chicken "Alfredo" pasta <i>fresh baked</i> whole grain roll > pepperoni or cheese (v) pizza on whole grain crust > marinara & mozzarella eggplant "tower" (v) fresh-cut salad greenz' & fresh veggies Italian vegetable medley fresh fruit yogurt parfait	4	> signature oven-roasted Mississippi brisket & sauce <i>fresh baked</i> cornbread & Euro butter > turkey frank & wheat bun oven baked potato "tots" > "Club" or veggie "Club" (v) salad tortilla wrap confetti corn "colorburst" saute fresh banana <i>fresh baked</i> cinnamon roll bites	5	> crunchy tortilla crusted baked fish > beef/cheese "grilled" burrito > nacho chips & cheese (v) wild & brown rice with spinach fresh taco salad greenz' with condiments cilantro black beans fresh-cut watermelon pineapple "rightsides-up" whole grain cake	6	daily deli 'wiches turkey & Jack on a <i>fresh baked</i> whole grain roll ** turkeyham & cheddar on whole wheat oat bread ** chicken or tuna salad on whole grain bagel ** hummus or cheese and salad tortilla roll-up
> "East meets Southwest" chicken posole & ramen noodle bowl > American cheeseburger > spicy black bean burger (v) whole wheat burger bun oven baked skin-on potato wedges	9	> Italian herb baked chicken w/pasta Pomodoro <i>fresh baked</i> garlic breadsticks > deep dish pizza (v) on whole grain crust > tomato & mozzarella grilled panini (v) fresh-cut salad greenz' and veggies Tuscan white beans & potatoes strawberry applesauce	10	> General Tso's tempura chicken with pineapple sauce > teriyaki beef "sloppy Joe" > vegetable egg rolls (v) steamed brown rice stir-fry broccoli with water chestnuts & snap peas	11	> charbroiled beef steak with savory brown gravy > panko crumb baked fish <i>fresh baked</i> whole wheat roll > grilled turkey ham & cheese or "just cheese" (v) on whole wheat oat bread fresh-cut cucumber wedges chilled mandarin oranges <i>fresh baked</i> apple oat bar	12	> creamy King Ranch chicken enchiladas > fajita "steak" taco > bean & cheese burrito (v) rancho pinto beans Tex-Mex pasta with confetti squash medley real mashed potato medley green peas and mint seasonal fresh fruit	13	daily deli salads <i>daily salad bar</i> , or fresh salad greenz' box ** fresh-cut veggies with ranch & hummus box ** fresh-cut fruit salad box ** cheese & crackers with fresh fruit bow
> "stickless" Greek beef kabab, veggies, & rice > breaded chicken breast nugget box > fresh fruit bowl, cheese stick & fruit yogurt "bento" box (v) <i>fresh baked</i> wheat breadstick	16	> smothered chicken n' gravy over buttered noodles > breaded steak'wich & gravy whole wheat burger bun > "gotta-try" house-made lentil sliders, dressed (v) real mashed potato medley California veggie medley fresh seasonal fruit selections <i>fresh baked</i> w.g. peach bars	17	> classic meatsauce & rigatoni pasta <i>fresh baked</i> whole grain roll > pepperoni or cheese (v) pizza on whole grain crust > eggplant parmesan sub on whole grain sub roll (v) fresh-cut salad greenz' and veggies cut green beans & garlic pineapple & gelatin	18	> "Chili Joe" beef & cheese, or broccoli cheese (v) stuffed baked potato > grilled chicken Caesar salad > chicken wings, tossed in Caribbean Mojo sauce <i>fresh baked</i> whole wheat roll navy "soup" beans fresh-cut vegetable sticks & dipper fresh fruit yogurt parfait	19	> shredded brisket & Jack whole grain quesadilla > Baja fish "street tacos" > nacho chips & cheese (v) Tex-Mex-style brown rice fresh taco salad greenz' with condiments seasoned black beans fresh-cut watermelon Tres-Leches'ish whole grain banana cake	20	daily deli salads <i>daily salad bar</i> , or fresh salad greenz' box ** fresh-cut veggies with ranch & hummus box ** fresh-cut fruit salad box ** cheese & crackers with fresh fruit bow
> "breakfast for lunch" pancakes, egg, & sausage > charbroiled hamburger sub <i>on fresh baked whole grain sub bun</i> > baked cheese & tomato baguette sandwich (v) oven baked diced potatoes	23	> baked Southwestern "chili cook-off" chicken whole wheat tortilla & Euro butter > beef & cheese taco salad with whole grain tortilla chips > grilled vegetable & potato whole grain burrito (v) charro pinto beans corn on the cob fresh fruit mix vanilla yogurt w/cookie crumb	24	> Happy Taters...why? "Chili Pie"... that's why > breaded chicken breast tenders sandwich <i>(with buffalo sauce, if you want it!)</i> > vegetable sloppy joe (v) <i>as a sandwich or to make Happy Taters</i> whole wheat burger bun braised Southern greens and lentils cumin carrots seasonal apple <i>fresh baked</i> carrot spice bars	25	> chicken spaghetti "Carbonara" <i>fresh baked</i> whole grain roll > beef, cheese or veggie (v) pizza on whole grain crust > turkey ham & cheese "Cubano" sandwich fresh-cut salad greenz' and veggies green beans & carrot medley chilled mixed fruit	26	> beef or cheese enchiladas with Ranchero sauce > fajita chicken wrap > deluxe nachos with queso & chunky refried beans (v) fresh deluxe nacho salad greenz' with condiments Texican roast potatoes fresh-cut orange wedges <i>fresh baked</i> apple churro	27	"snacks" <i>fresh baked</i> whole grain cookies, muffins, and more ** <i>only baked</i> chips & bagged snacks
> Asian chicken & vegetable stir-fry noodle bowl > American cheeseburger > awesome falafel burger (v) whole wheat burger bun oven baked seasoned crinkle cut potato "fries"	30	> meatballs Romano & penne pasta <i>fresh baked</i> whole grain roll > deep dish pizza (v) on whole grain crust > chicken wings, tossed in garlic parmesan sauce fresh-cut salad greenz' & fresh veggies parmesan cauliflower & broccoli chilled mixed fruit	31							beverages choices of milk 1%, skim, or flavored fat-free ** 100% fruit juices ** bottled water

There is never any frying for this menu, only baking, roasting, grilling, steaming, or fresh-cut raw produce

Grain items are *fresh baked* whenever possible and we use only fresh or frozen vegetables

All "full" lunches are a choice of entrée plus the daily bakery and three sides

(v) indicates a nonmeat entrée

All sauces, beans, and as well as the majority of entrees are made in-house "from scratch"

This menu does not contain peanuts or peanut products, as well as items made from pork products

Twelve Oaks is committed to providing freshness, variety & good nutrition on a daily basis

