



# Lakeland Christian Academy - December 2017

Monday	Tuesday	Wednesday	Thursday	Friday					
				<b>&gt; beef or cheese enchiladas with chili con carne sauce</b> <b>&gt; fajita chicken wrap</b> <b>&gt; deluxe nachos with queso &amp; chunky refried beans (v)</b> <i>fresh deluxe nacho salad greenz' with condiments</i>					
				<b>1</b> Texican roast potatoes fresh-cut orange wedges <i>fresh baked apple churro</i>					
<b>&gt; Asian chicken &amp; vegetable stir-fry noodle bowl</b> <b>&gt; American cheeseburger</b> <b>&gt; awesome falafel burger (v)</b> <i>whole wheat burger bun</i> <i>oven baked seasoned crinkle cut potato "fries"</i>	<b>4</b> <i>peas, carrots, and herbs</i> <i>L/T/P burger "salad" &amp; condiments</i> <i>seasonal fresh fruit</i>	<b>&gt; meatballs Romano &amp; penne pasta</b> <i>fresh baked whole grain roll</i> <b>&gt; deep dish pizza (v) on whole grain crust</b> <b>&gt; chicken wings, tossed in garlic parmesan sauce</b>	<b>5</b> <i>fresh-cut salad greenz' &amp; fresh veggies</i> <i>parmesan cauliflower &amp; broccoli</i> <i>chilled mixed fruit</i>	<b>&gt; Southern "oven-fried" chicken tenders</b> <i>over whole grain waffles/syrup</i> <b>&gt; chicken corny dog</b> <b>&gt; grilled fish po' boy</b> <b>&gt; baked MAC and cheese (v)</b> <i>(entrée or side item)</i>	<b>6</b> <i>stewed tomatoes &amp; greens</i> <i>red beans and rice NOLA-style</i> <i>chilled peach slices</i>	<b>&gt; baked steak fritters &amp; brown gravy</b> <i>fresh baked whole wheat roll</i> <b>&gt; deluxe cheese 'wich on whole wheat oat bread-V</b> <b>&gt; pasta "prima vera toss" (v)</b> <i>(entrée or side item)</i>	<b>7</b> <i>real mashed potato medley</i> <i>cut green beans with garlic</i> <i>fresh grapes</i> <i>rainbow gelatin cup</i>	<b>&gt; stuffed beef enchiladarito with chili queso sauce</b> <b>&gt; shredded chicken tostada</b> <i>topped with taco salad greenz'</i> <b>&gt; grilled "tres" cheese quesadilla (v)</b> <i>Tex-Mex-style brown rice</i>	<b>8</b> <i>frijoles con elotes (corn)</i> <i>fresh-cut pineapple wedge</i> <i>fresh baked cinnamon pastry</i>
<b>&gt; Korean beef, broccoli &amp; steamed rice bowl</b> <b>&gt; breaded chicken breast nugget box</b> <b>&gt; cheddar &amp; pan-fried potato po' boy (v)</b> <i>fresh-cut vegetable sticks &amp; dipper</i>	<b>11</b> <i>cowboy baked beans</i> <i>fresh baked wheat breadstick</i> <i>chilled pear slices</i> <i>fresh baked whole grain cookie</i>	<b>&gt; homestyle meatloaf with brown gravy</b> <b>&gt; BBQ shredded chicken</b> <i>whole wheat burger bun</i> <b>&gt; baked stuffed peppers (v)</b> <i>(entrée or side item)</i>	<b>12</b> <i>buttered carrot coins n' herbs</i> <i>fresh baked wheat roll</i> <i>fresh fruit</i> <i>fresh baked pineapple crumb bar</i>	<b>&gt; bistro chicken "Alfredo" pasta</b> <i>fresh baked whole grain roll</i> <b>&gt; pepperoni or cheese (v) pizza on whole grain crust</b> <b>&gt; marinara &amp; mozzarella eggplant "tower" (v)</b>	<b>13</b> <i>fresh-cut salad greenz' &amp; fresh veggies</i> <i>Italian vegetable medley</i> <i>fresh fruit yogurt parfait</i>	<b>&gt; signature oven-roasted Mississippi brisket &amp; sauce</b> <i>fresh baked cornbread &amp; Euro butter</i> <b>&gt; turkey frank &amp; wheat bun</b> <i>oven baked potato "tots"</i> <b>&gt; "Club" or veggie "Club" (v) salad tortilla wrap</b>	<b>14</b> <i>confetti corn "colorburst" saute</i> <i>fresh banana</i> <i>fresh baked cinnamon roll bites</i>	<b>&gt; crunchy tortilla crusted baked fish</b> <b>&gt; beef/cheese "grilled" burrito</b> <b>&gt; nacho chips &amp; cheese (v)</b> <i>wild &amp; brown rice with spinach</i> <i>fresh taco salad greenz' with condiments</i>	<b>15</b> <i>cilantro black beans</i> <i>fresh-cut watermelon</i> <i>pineapple "rightside-up" whole grain cake</i>
<b>&gt; "East meets Southwest" chicken posole &amp; ramen noodle bowl</b> <b>&gt; American cheeseburger</b> <b>&gt; spicy black bean burger (v)</b> <i>whole wheat burger bun</i> <i>oven baked skin-on potato wedges</i>	<b>18</b> <i>steamed whole green beans</i> <i>L/T/P burger "salad" &amp; condiments</i> <i>chilled mixed fruit</i>	<b>&gt; Italian herb baked chicken w/pasta Pomodoro</b> <i>fresh baked garlic breadsticks</i> <b>&gt; deep dish pizza (v) on whole grain crust</b> <b>&gt; tomato &amp; mozzarella grilled panini (v)</b>	<b>19</b> <i>fresh-cut salad greenz' and veggies</i> <i>Tuscan white beans &amp; potatoes</i> <i>strawberry applesauce</i>	<b>&gt; General Tso's tempura chicken with pineapple sauce</b> <b>&gt; teriyaki beef "sloppy Joe"</b> <b>&gt; vegetable egg rolls (v)</b> <i>steamed brown rice</i> <i>stir-fry broccoli with water chestnuts &amp; snap peas</i>	<b>20</b> <i>fresh-cut cucumber wedges</i> <i>chilled mandarin oranges</i> <i>fresh baked apple oat bar</i>				
	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>				

**daily deli 'wiches**

turkey & Jack on a *fresh baked whole grain roll*

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turkeyham & cheddar on whole wheat oat bread

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chicken or tuna salad on whole grain bagel

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hummus or cheese and salad tortilla roll-up

**daily deli salads**

*daily salad bar, or fresh salad greenz' box*

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fresh-cut veggies with ranch & hummus box

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fresh-cut fruit salad box

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cheese & crackers with fresh fruit bowl

**"snacks"**

*fresh baked whole grain cookies, muffins, and more*

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*only baked chips & bagged snacks*

**beverages**

choices of milk

1%, skim, or flavored fat-free

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100% fruit juices

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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*