



# Lakeland Christian Academy

Monday

Tuesday

Wednesday

Thursday

Friday

<p>&gt; <b>Korean beef, broccoli &amp; steamed rice bowl</b></p> <p>&gt; <b>breaded chicken breast nugget box</b></p> <p>&gt; <b>cheddar &amp; pan-fried potato po' boy (v)</b> fresh-cut vegetable sticks &amp; dipper</p>	<p><b>2</b></p> <p>cowboy baked beans</p> <p><i>fresh baked</i> wheat breadstick</p> <p>pear slices</p> <p><i>fresh baked</i> whole grain cookie</p>	<p>&gt; <b>homestyle meatloaf with brown gravy</b></p> <p>&gt; <b>BBQ shredded chicken</b> whole wheat burger bun</p> <p>real mashed potato medley</p> <p>&gt; <b>baked stuffed peppers (v)</b> (entrée or side item)</p>	<p><b>3</b></p> <p>buttered carrot coins n' herbs</p> <p><i>fresh baked</i> whole grain roll</p> <p>fresh fruit</p> <p><i>fresh baked</i> pineapple crumb bar</p>	<p>&gt; <b>bistro chicken "Alfredo" pasta</b> <i>fresh baked</i> whole grain roll</p> <p>&gt; <b>pepperoni or cheese (v) pizza on whole grain crust</b></p> <p>&gt; <b>marinara &amp; mozzarella eggplant "tower" (v)</b></p>	<p><b>4</b></p> <p>fresh-cut salad greenz' &amp; fresh veggies</p> <p>Italian vegetable medley</p> <p>fresh fruit yogurt parfait</p>	<p>&gt; <b>signature oven-roasted Mississippi brisket &amp; sauce</b> <i>fresh baked</i> cornbread &amp; Euro butter</p> <p>&gt; <b>turkey frank &amp; wheat bun</b></p> <p>oven baked potato "tots"</p> <p>&gt; <b>"Club" or veggie "Club" (v) salad tortilla wrap</b></p>	<p><b>5</b></p> <p>confetti corn "colorburst" saute</p> <p>fresh banana</p> <p><i>fresh baked</i> cinnamon roll bites</p>	<p>&gt; <b>crunchy tortilla crusted baked fish</b></p> <p>&gt; <b>beef/cheese "grilled" burrito</b></p> <p>&gt; <b>nacho chips &amp; cheese (v)</b> wild &amp; brown rice with spinach</p> <p>fresh taco salad greenz' with condiments</p>	<p><b>6</b></p> <p>cilantro black beans</p> <p>fresh-cut watermelon</p> <p>pineapple "rightside-up" whole grain cake</p>
	<p><b>9</b></p>		<p><b>10</b></p>	<p>&gt; <b>General Tso's tempura chicken with pineapple sauce</b></p> <p>&gt; <b>teriyaki beef "sloppy Joe"</b></p> <p>&gt; <b>vegetable egg rolls (v)</b> steamed brown rice</p> <p>stir-fry broccoli with water chestnuts &amp; snap peas</p>	<p><b>11</b></p> <p>fresh-cut cucumber wedges</p> <p>chilled mandarin oranges</p> <p><i>fresh baked</i> apple oat bar</p>	<p>&gt; <b>charbroiled beef steak with savory brown gravy</b></p> <p>&gt; <b>panko crumb baked fish</b> <i>fresh baked</i> whole wheat roll</p> <p>&gt; <b>grilled turkey ham &amp; cheese or "just cheese" (v) on whole wheat oat bread</b></p>	<p><b>12</b></p> <p>real mashed potato medley</p> <p>green peas and mint</p> <p>seasonal fresh fruit</p>	<p>&gt; <b>creamy King Ranch chicken enchiladas</b></p> <p>&gt; <b>fajita "steak" taco</b></p> <p>&gt; <b>bean &amp; cheese burrito (v)</b> ranchero pinto beans</p> <p>Tex-Mex pasta with confetti squash medley</p>	<p><b>13</b></p> <p>cucumber pico de gallo</p> <p>fresh red grapes bunch</p> <p><i>fresh baked</i> cinnamon pastry</p>
<p>&gt; <b>"stickless" Greek beef kabab, veggies, &amp; rice</b></p> <p>&gt; <b>breaded chicken breast nugget box</b></p> <p>&gt; <b>fresh fruit bowl, cheese stick &amp; fruit yogurt "bento" box (v)</b> <i>fresh baked</i> wheat breadstick</p>	<p><b>16</b></p> <p>oven baked waffle-cut "fries"</p> <p>steamed crinkle carrots &amp; herbs</p> <p>baked apple "cobler-ish"</p>	<p>&gt; <b>smothered chicken n' gravy over buttered noodles</b></p> <p>&gt; <b>breaded steak'wich &amp; gravy</b> whole wheat burger bun</p> <p>&gt; <b>"gotta-try" house-made lentil sliders, dressed (v)</b> real mashed potato medley</p>	<p><b>17</b></p> <p>California veggie medley</p> <p>fresh seasonal fruit selections</p> <p><i>fresh baked</i> w.g. peach bars</p>	<p>&gt; <b>classic meatsauce &amp; rigatoni pasta</b> <i>fresh baked</i> whole grain roll</p> <p>&gt; <b>pepperoni or cheese (v) pizza on whole grain crust</b></p> <p>&gt; <b>eggplant parmesan sub on whole grain sub roll (v)</b></p>	<p><b>18</b></p> <p>fresh-cut salad greenz' and veggies</p> <p>cut green beans &amp; garlic</p> <p>pineapple &amp; gelatin</p>	<p>&gt; <b>"Chili Joe" beef &amp; cheese, or broccoli cheese (v) stuffed baked potato</b></p> <p>&gt; <b>grilled chicken Caesar salad</b></p> <p>&gt; <b>chicken wings, tossed in Caribbean Mojo sauce</b> <i>fresh baked</i> whole wheat roll</p>	<p><b>19</b></p> <p>navy "soup" beans</p> <p>fresh-cut vegetable sticks &amp; dipper</p> <p>fresh fruit yogurt parfait</p>	<p>&gt; <b>shredded brisket &amp; Jack whole grain quesadilla</b></p> <p>&gt; <b>Baja fish "street tacos"</b></p> <p>&gt; <b>nacho chips &amp; cheese (v)</b> Tex-Mex-style brown rice</p> <p>fresh taco salad greenz' with condiments</p>	<p><b>20</b></p> <p>seasoned black beans</p> <p>fresh-cut watermelon</p> <p>Tres-Leches'ish whole grain banana cake</p>
<p>&gt; <b>"breakfast for lunch" pancakes, egg, &amp; sausage</b></p> <p>&gt; <b>charbroiled hamburger sub</b> <i>on fresh baked whole grain sub bun</i></p> <p>&gt; <b>baked cheese &amp; tomato baguette sandwich (v)</b> oven baked diced potatoes</p>	<p><b>23</b></p> <p>squash medley saute</p> <p>L/T/P burger "salad" &amp; condiments</p> <p>chilled pineapple chunks</p>	<p>&gt; <b>baked Southwestern "chili cook-off" chicken</b> whole wheat tortilla &amp; Euro butter</p> <p>&gt; <b>beef &amp; cheese taco salad</b> <i>with whole grain tortilla chips</i></p> <p>&gt; <b>grilled vegetable &amp; potato whole grain burrito (v)</b></p>	<p><b>24</b></p> <p>charro pinto beans</p> <p>corn on the cob</p> <p>fresh fruit mix</p> <p>vanilla yogurt w/cookie crumb</p>	<p>&gt; <b>Happy Taters...why? "Chili Pie"... that's why</b></p> <p>&gt; <b>breaded chicken breast tenders sandwich</b> <i>(with buffalo sauce, if you want it!)</i></p> <p>&gt; <b>vegetable sloppy joe (v)</b> <i>as a sandwich or to make Happy Taters</i></p> <p>whole wheat burger bun</p>	<p><b>25</b></p> <p>braised Southern greens and lentils</p> <p>cumin carrots</p> <p>seasonal apple</p> <p><i>fresh baked</i> carrot spice bars</p>	<p>&gt; <b>chicken spaghetti "Carbonara"</b> <i>fresh baked</i> whole grain roll</p> <p>&gt; <b>beef, cheese or veggie (v) pizza on whole grain crust</b></p> <p>&gt; <b>turkey ham &amp; cheese "Cubano" sandwich</b></p>	<p><b>26</b></p> <p>fresh-cut salad greenz' and veggies</p> <p>green beans &amp; carrot medley</p> <p>chilled mixed fruit</p>		<p><b>27</b></p>
<p>&gt; <b>Asian chicken &amp; vegetable stir-fry noodle bowl</b></p> <p>&gt; <b>American cheeseburger</b></p> <p>&gt; <b>awesome falafel burger (v)</b> whole wheat burger bun</p> <p>oven baked seasoned crinkle cut potato "fries"</p>	<p><b>30</b></p> <p>peas, carrots, and herbs</p> <p>L/T/P burger "salad" &amp; condiments</p> <p>seasonal fresh fruit</p>	<p>&gt; <b>meatballs Romano &amp; penne pasta</b> <i>fresh baked</i> whole grain roll</p> <p>&gt; <b>deep dish pizza (v) on whole grain crust</b></p> <p>&gt; <b>chicken wings, tossed in garlic parmesan sauce</b></p>	<p><b>31</b></p> <p>fresh-cut salad greenz' &amp; fresh veggies</p> <p>parmesan cauliflower &amp; broccoli</p> <p>chilled mixed fruit</p>						

<p><b>daily deli 'wiches</b></p> <p>turkey &amp; Jack on a <i>fresh baked</i> whole grain roll</p> <p>**</p> <p>turkeyham &amp; cheddar on whole wheat oat bread</p> <p>**</p> <p>chicken or tuna salad on whole grain bagel</p> <p>**</p> <p>hummus or cheese and salad tortilla roll-up</p>
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<p><b>daily deli salads</b></p> <p><i>daily salad bar</i>, or fresh salad greenz' box</p> <p>**</p> <p>fresh-cut veggies with ranch &amp; hummus box</p> <p>**</p> <p>fresh-cut fruit salad box</p> <p>**</p> <p>cheese &amp; crackers with fresh fruit bow</p>
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<p><b>"snacks"</b></p> <p><i>fresh baked</i> whole grain cookies, muffins, and more</p> <p>**</p> <p><i>only baked</i> chips &amp; bagged snacks</p>
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<p><b>beverages</b></p> <p>choices of milk</p> <p>1%, skim, or flavored fat-free</p> <p>**</p> <p>100% fruit juices</p> <p>**</p> <p>bottled water</p>
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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