



# Lakeland Christian Academy

					<ul style="list-style-type: none"> <li>- Crunchy Tortilla Crust Baked Fish</li> <li>- Beef &amp; Cheddar Grilled Burrito</li> <li>- Nacho Chips &amp; Cheese Tray-V               <ul style="list-style-type: none"> <li>wild &amp; brown rice w/spinach</li> <li>cilantro black beans</li> <li>fresh taco salad greenz'</li> <li>fresh-cut watermelon wedge</li> <li>whole grain "pineapple rightside up" cake</li> </ul> </li> </ul>
<b>LABOR DAY</b>	<ul style="list-style-type: none"> <li>- Baked Chicken Pomodoro               <ul style="list-style-type: none"> <li>fresh baked garlic breadstick</li> </ul> </li> <li>- Deep Dish Cheeseburger Pizza</li> <li>- Tomato/Mozzarella Panini-V               <ul style="list-style-type: none"> <li>Tuscan white beans</li> <li>fresh-cut garden salad greenz'</li> <li>strawberries n' applesauce</li> <li>rainbow gelatin</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- General Tso's Pineapple Chicken</li> <li>- Teriyaki Beef &amp; Cabbage Wrap</li> <li>- Soba Noodle/Asian Veggie Salad-V               <ul style="list-style-type: none"> <li>stir-fry brown rice</li> <li>broccoli cuts and water chestnuts</li> <li>fresh cucumber wedge</li> <li>chilled mandarin oranges</li> <li>fresh baked apple n' oat bars</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Savory Beef Steak/Gravy</li> <li>- Panko Crumb Lemon Baked Fish               <ul style="list-style-type: none"> <li>fresh baked whole wheat roll</li> </ul> </li> <li>- Grilled Cheese on Oat Wheat-V               <ul style="list-style-type: none"> <li>real mashed potato medley</li> <li>green peas with mint</li> <li>fresh seasonal fruit</li> <li>lowfat "neapolitan" pudding parfait</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Fajita "Steak" Taco</li> <li>- King Ranch Enchiladas</li> <li>- Refried Bean &amp; Cheddar Burrito-V               <ul style="list-style-type: none"> <li>tex-mex pasta with confetti squash</li> <li>ranchero pinto beans</li> <li>cucumber pico de gallo</li> <li>fresh grape bunch</li> <li>"Tres Leches-style" whole grain banana cake</li> </ul> </li> </ul>	
<ul style="list-style-type: none"> <li>we've gone bowling this semester...</li> <li>~ Greek Beef Kabab-Rice Bowl</li> <li>- Breaded Chicken Nuggets</li> <li>- Fresh Fruit Bowl, Yogurt, Cheese-V               <ul style="list-style-type: none"> <li>fresh baked whole wheat breadstick</li> <li>oven baked diced potatoes</li> <li>crinkle carrots &amp; herbs</li> <li>baked spiced apples</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Smothered Chicken Breast Cutlets</li> <li>- Country "Fried" Beef Steak &amp; Gravy</li> <li>- Housemade Lentil "Sliders"-V               <ul style="list-style-type: none"> <li>fresh baked whole wheat roll</li> <li>real mashed potato medley</li> <li>California vegetable medley</li> <li>fresh seasonal fruit</li> <li>fresh baked peach &amp; yogurt bars</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Classic Meatsauce &amp; Rigatoni</li> <li>- Grilled Chicken Caesar Salad</li> <li>- Eggplant Parmesan Sub-V               <ul style="list-style-type: none"> <li>fresh baked whole grain roll</li> <li>cut green beans with garlic</li> <li>fresh-cut garden salad greenz'</li> <li>pineapple &amp; gelatin</li> <li>whole grain Italian chocolate cake</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Mojo Caribbean Chicken Wings</li> <li>- Stuffed "Chili Joe" Potato</li> <li>- Broccoli Cheese Stuffed Potato-V               <ul style="list-style-type: none"> <li>fresh baked whole wheat roll</li> <li>navy "soup" beans</li> <li>fresh vegetable sticks</li> <li>chilled mixed fruit</li> <li>fresh fruit n' yogurt stack</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Brisket &amp; Jack Quesadilla</li> <li>- Baja Fish "Street Tacos"</li> <li>- Nacho Chips &amp; Cheese Tray-V               <ul style="list-style-type: none"> <li>Spanish-style brown rice</li> <li>chunky refried beans</li> <li>fresh taco salad greenz'</li> <li>fresh-cut watermelon wedge</li> <li>fresh baked cinnamon pastry puffs</li> </ul> </li> </ul>	
<ul style="list-style-type: none"> <li>we've gone bowling this semester...</li> <li>~ *Breakfast..for Lunch..in a Bowl*</li> <li>egg, cheese, diced potatoes, &amp; a biscuit</li> <li>- Hawaiian Chicken Sandwich</li> <li>- Roasted Chickpea Gyro Wrap-V               <ul style="list-style-type: none"> <li>* island potato &amp; pasta salad</li> <li>* teriyaki vegetable "stir-fry"</li> <li>* chilled pineapple chunks</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Baked Santa Fe Adobo Chicken</li> <li>- Beef Taco Salad with Chips</li> <li>- Taco Salad ("nonmeat protein")-V               <ul style="list-style-type: none"> <li>whole wheat 6" tortilla</li> <li>seasoned black beans</li> <li>carrots &amp; cumin</li> <li>orange, apple, and strawberry</li> <li>vanilla yogurt &amp; whole grain cookie "crumble"</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Honey Grilled Chicken Strips</li> <li>- Happy Taters with "Chili Pie"</li> <li>- Happy Taters ("nonmeat protein")-V               <ul style="list-style-type: none"> <li>fresh baked whole wheat roll</li> <li>Southern greens &amp; lentils</li> <li>corn on the cob</li> <li>fresh seasonal fruit</li> <li>fresh baked carrot spice mini muffins</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Chicken Spaghetti Carbonara               <ul style="list-style-type: none"> <li>* fresh baked garlic breadstick</li> </ul> </li> <li>- Turkeyham "Cuban" Sandwich</li> <li>- Margherita Cheese Pizza-V               <ul style="list-style-type: none"> <li>green bean &amp; carrot medley</li> <li>fresh-cut garden salad greenz'</li> <li>chilled mixed fruit</li> <li>lowfat banana pudding (yes, with wafers!)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Chili con Carne Enchiladas</li> <li>- Fajita Chicken Wrap</li> <li>- Grilled Veggie/Queso Fresco 'Dilla-V               <ul style="list-style-type: none"> <li>Texcan roast potatoes</li> <li>charro pinto beans</li> <li>fresh taco salad greenz'</li> <li>fresh-cut orange wedges</li> <li>fresh baked apple churro</li> </ul> </li> </ul>	
<ul style="list-style-type: none"> <li>we've gone bowling this semester...</li> <li>~ Shanghai Chicken Noodle Bowl</li> <li>- Charbroiled Beef Burger</li> <li>- Housemade Falafel Burger-V               <ul style="list-style-type: none"> <li>whole wheat bun &amp; fixin's</li> <li>oven baked crinkle cut "fries"</li> <li>peas &amp; carrots w/herbs</li> <li>fresh seasonal fruit</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Meatballs Romana &amp; Pasta</li> <li>- Garlic Parmesan Wings               <ul style="list-style-type: none"> <li>fresh baked whole grain roll</li> </ul> </li> <li>- Deep Dish Cheese Pizza-V               <ul style="list-style-type: none"> <li>parmesan cauliflower/broccoli</li> <li>fresh-cut garden salad greenz'</li> <li>chilled mixed fruit</li> <li>lowfat "neapolitan" pudding parfait</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Southern Chicken &amp; Waffle</li> <li>- Crispy or Grilled Fish Po'Boy</li> <li>- Baked Mac &amp; Cheese-V               <ul style="list-style-type: none"> <li>fresh baked whole corn cornbread</li> <li>stewed tomatoes &amp; greems</li> <li>rec bean NOLA-style</li> <li>chilled mixed fruit</li> <li>fresh baked blueberry oat bars</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Breaded Steak "Fritters"</li> <li>- Pasta Prima Vera-V               <ul style="list-style-type: none"> <li>fresh baked whole wheat roll</li> </ul> </li> <li>- Grilled Cheese on Oat Wheat-V               <ul style="list-style-type: none"> <li>real mashed potato medley</li> <li>cut green beans with garlic</li> <li>fresh grape bunch</li> <li>rainbow gelatin</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Stuffed Beef Enchiladarito</li> <li>- Shredded Chicken Tostada</li> <li>- Grilled 3'Cheese Quesadilla-V               <ul style="list-style-type: none"> <li>Spanish-style brown rice</li> <li>frijoles con elote (corn)</li> <li>fresh taco salad greenz'</li> <li>fresh-cut pineapple wedge</li> <li>fresh baked cinnamon pastry puffs</li> </ul> </li> </ul>	

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.

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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"