



# February 2018 - Lakeland Christian Academy

Monday	Tuesday	Wednesday	Thursday	Friday
			> Chicken Corny Dog herb sweet potato "home fries" bbq white beans fresh-cut vegetable strips "salad" pears & gelatin	> Shredded Brisket & Jack Whole Grain Quesadilla Tacos" w/corn tortillas, taco greenz' and salsa > Nacho Chips & Cheese-V Tex-Mex-style brown rice
> "Breakfast for Lunch" <i>pancakes, egg, &amp; sausage</i> > Texas BBQ Cheddar Steakturner on fresh baked whole grain sub bun > Open-Faced Tomato & Cheese Texas Toast Melt-V oven baked diced potatoes	> Southwestern Baked Chicken whole wheat tortilla & Euro butter > Beef & Cheese Taco Salad with whole grain tortilla chips > 3'Cheese Grilled Quesadilla-V	> "Chili Pie" Happy Tater Bowl > Breaded Chicken Breast Tenders Sandwich (with buffalo sauce, if you like it!) whole wheat burger bun > Vegetable "Hot Pocket"-V	> All New Chicken Spaghetti Carbonara w/turkey bacon fresh baked whole grain roll > A Big Meatball Sandwich on a Whole Grain Garlic Bulkie Roll > Garlic Pizza Cheese Bread-V	> Cheese Enchiladas w/Chili con Carne or Queso Ranchero-V > Fajita Chicken Wrap > Deluxe Queso Nachos-v with Peppers, Olives, etc (if you like) creamy house-made refried beans
> Mardi Gras Chicken & "Fried Rice" > Charbroiled Burger w/Cheese > Baked Vegetable & Cheese PITA-V whole wheat burger bun, burger fixins oven baked "crinkle cut" potato fries	> Meatballs Romano & Penne Pasta fresh baked whole grain roll > Deep Dish Pizza Selections on Whole Grain Crust-V > Garlic "Parm" Chicken Wings	> "Oven-Fried" Fish Filets over whole grain waffles/syrup > Chopped BBQ Beef Sandwich > Sliced Meat/Cheese Pot Roast > Baked MAC and Cheese-V (entrée or side item)	> Baked Steak Fritters & Brown Gravy fresh baked whole wheat roll > Grilled Cheese w/ich on Whole Wheat Oat Bread-v > Pasta "Prima Vera Toss"-V (entrée or side items)	> Shredded Brisket Tostada topped with taco salad greenz' > Beef Enchiladrito topped with Queso Ranchero Sauce > Bean & Cheese Burrito-V Tex-Mex-style brown rice
President's Day	> Homestyle Meatloaf Slice and Gravy > BBQ Pulled Chicken fresh baked whole wheat roll smashed buttered red potatoes > Baked Stuffed Pepper-V (entrée or side item)	> Bistro Chicken "Alfredo" Pasta fresh baked whole grain roll > Pepperoni or Garlic Cheese-v French Bread Pizza > Tex-Italiano Toast Griller-V	> Signature Oven-Roasted Mississippi Brisket & Sauce served with whole corn tortillas & Euro butter > Turkey Dog/Chili/Cheese oven baked potato "tots" > "Club" or Veggie "Club"-V salad tortilla wrap	> Crunchy Tortilla-Crusted Baked Fish > Grilled Beef & Cheese Burrito > Nacho Chips & Cheese-V wild & brown rice with spinach fresh taco salad greenz' & condiments
> Chicken & Corn Chili with Corn Chins > American Cheeseburger > Crispy Fajita Burger -V whole wheat burger bun, burger fixins oven baked tater tots	> Chicken Pomodoro Lasagna fresh baked garlic breadsticks > Deep Dish Pizza Selections on Whole Grain Crust-V > Mozzarella & Tomato Panini-V	> Mandarin Orange Chicken and steamed brown rice > Teriyaki Beef "Sloppy Joe" > Stir-Fry Veggie Rice w/Fennel-V Vegetable Egg Rolls-V sesame carrot and broccoli 'toss	> Savory Gravy Beef Steak > Panko Crumb Baked Fish fresh baked whole wheat roll > Grilled TurkeyHam & Cheese or "Just Cheese"-V on 100% Whole Wheat Bread	> Creamy King Ranch Chicken Enchiladas cucumber pico de gallo > Fajita "Steak" Taco > Nacho Chips & Cheese-V ranchero pinto beans Southwest pasta with confetti squash medley

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

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

(V) indicates a nonmeat entrée

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

**daily del**  
turkey & .  
fresh baked w  
\*  
turkeyham  
on whole whi  
\*  
chicken or  
on whole g  
\*  
hummus i  
and salad to

**daily de**  
daily sal  
or fresh salac  
\*  
fresh-cut  
with ranch &  
\*  
fresh-cut fru  
\*  
cheese &  
with fresh

**"sna**  
fresh baked  
cookies, muffi  
\*  
only t  
chips & bag

**beve**  
choices  
1%, skim, or fte  
\*  
100% fru  
\*  
bottled

**wiches**

Jack on a  
whole grain roll  
\*  
& cheddar  
eat oat bread  
\*  
tuna salad  
grain bagel  
\*  
or cheese  
tortilla roll-up

**salads**

salad bar,  
diet greenz' box  
\*  
with veggies  
hummus box  
\*  
diet salad box  
\*  
crackers  
diet fruit bowl

**snacks**

whole grain  
crackers, and more  
\*  
baked  
snacks

**drinks**

of milk  
unsweetened fat-free  
\*  
diet juices  
\*  
diet water

