



# Lakeland Christian Academy - April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> > Chicken & Corn Chili with Corn Chins steamed whole green beans > American Cheeseburger chilled mixed fruit bakery "surprise" > Crispy Falafel "Rinner"-V whole wheat burger bun, burger fixins oven baked tater "tots"	<b>3</b> > Baked Chicken Pomodoro Penne fresh baked garlic breadsticks fresh-cut salad greenz' and veggies Tuscan white beans > Deep Dish Pizza Selections on Whole Grain Crust-V > Mozzarella & Tomato Panini-V strawberry applesauce	<b>4</b> > Mandarin Orange Chicken and steamed brown rice fresh-cut cucumber wedges > Conzett Pepper Steak chilled pineapple chunks > Stir-Fry Veggie Rice w/Fennel-V fresh baked apple n' oats bar Vegetable Egg Rolls-V sesame carrot and broccoli 'toss	<b>5</b> > Savory Gravy Beef Steak roasted red potatoes > Panko Crumb Baked Fish fresh baked whole wheat roll hint of mint green peas > Broccoli Cheese Pasta-V (entrée or side item) seasonal fresh fruit	<b>6</b> > Creamy King Ranch Chicken cucumber pico de gallo > Fajita "Steak" Taco fresh red grapes bunch > Nacho Chips & Cheese-V ranchero pinto beans el arroz amarillo con vegetals fresh baked cinnamon pastry
<b>9</b> > Steak Ramen Noodle Bowl oven baked waffle-cut "fries" > Baked Chicken Breast Nugget Box California veggie medley > Fresh Fruit Bowl, Cheese Stick & Fruit Yogurt "Bento" Box-V baked apple "crisp" fresh baked wheat breadstick	<b>10</b> > Smothered Southern Chicken in gravy fresh baked whole wheat roll > Chicken Fried Steak Strins fresh seasonal fruit selections > Spicy Lentil Sliders-V fresh baked peach & yogurt bars Russet baked potato 'halves	<b>11</b> > Classic Meatsauce & Rigatoni Pasta fresh-cut Italian "chopped" salad > Italian Grilled Chicken & Provolone Sub bit of garlic cut green beans > Pepperoni or Cheese-V Whole Grain Pizza Slices fresh fruit yogurt parfait	<b>12</b> > Chili "MAC Daddy" Pasta bbq white beans > Grilled Cheese w/ich on Whole Wheat Oat Bread-v fresh-cut vegetable strips "salad" > Grilled Chicken Caesar Salad pears & gelatin fresh baked whole grain soft roll	<b>13</b> > Shredded Brisket & Jack Whole Grain Quesadilla seasoned black beans > Baja Fish "Street Tacos" w/corn tortillas, taco greenz' and salsa fresh-cut seasonal melon > Nacho Chips & Cheese-V Tres-Leches'ish whole grain banana cake Tex-Mex-style brown rice
<b>16</b> > "Breakfast for Lunch" pancakes, egg, & sausage winter squash medley saute > Honey Battered Corn Dog fresh raw veggie "salad" oven baked diced potatoes > Open-Faced Tomato & Cheese Texas Toast Melt-V chilled pineapple chunks	<b>17</b> > Southwestern Baked Chicken whole wheat tortilla & Euro butter honey & cumin roasted carrots > Beef & Cheese Taco Salad with whole grain tortilla chips charro pinto beans > 3'Cheese Grilled Quesadilla-V fresh fruit mix vanilla yogurt w/cookie crumb	<b>18</b> > "Chili Pie" Happy Tater Bowl Southern greens saute > Breaded Chicken Breast Tenders Sandwich (with buffalo sauce, if you like it!) whole wheat burger bun corn on the cob > Vegetable "Hot Pocket"-V seasonal apple fresh baked carrot spice bites	<b>19</b> > Chicken Spaghetti Carbonara w/turkey bacon fresh baked whole grain roll > Marinara Meatball Sub on a Whole Wheat Roll green bean & carrot medley > Garlic Pizza Cheese Bread-V chilled mixed fruit Italian chocolate cake squares	<b>20</b> > "Breakfast for Lunch" pancakes, egg, & sausage winter squash medley saute > Honey Battered Corn Dog fresh raw veggie "salad" oven baked diced potatoes > Open-Faced Tomato & Cheese Texas Toast Melt-V chilled pineapple chunks
<b>23</b> > Veggie "Fried" Rice with Grilled Chicken chef hot veggie selection > Charbroiled Burger w/Cheese fresh raw veggie sticks > Baked Cheese n' Veg PITA-V whole wheat burger bun, burger fixins oven baked sweet potato "crinkle cuts" seasonal fresh fruit	<b>24</b> > Meatballs Romano & Penne Pasta fresh baked whole grain roll fresh-cut salad greenz' & fresh veggies > Garlic "Parmesan" Wings parmesan cauliflower & broccoli > Deep Dish Pizza Selections on Whole Grain Crust-V chilled mixed fruit	<b>25</b> > "Oven-Fried" Chicken over whole grain waffles/syrup bit of garlic cut green beans > Brisket n' Beef Sandwich NOLA 'style red beans > Grilled Fish Po' Boy chilled peach slices > Baked MAC and Cheese-V (entrée or side item)	<b>26</b> > Baked Steak Fritters & Brown Gravy fresh baked whole wheat roll > Grilled Cheese w/ich on Whole Wheat Oat Bread-v herbed peas & carrots > Pasta "Prima Vera Toss"-V (entrée or side item) fresh grapes rainbow gelatin cup	<b>27</b> > Tostada topped with taco salad greenz' > Beef Enchiladrito topped with Smoky Red Sauce > Bean & Cheese Burrito-V fresh baked cinnamon pastry Tex-Mex-style brown rice frijoles y elote (corn) fresh-cut seasonal melon wedges fresh baked cinnamon pastry
<b>30</b> > Beef Tips over Butter Noodles confetti corn saute > Baked Chicken Breast Nugget Box fresh baked wheat breadstick > Cheddar & Potato Po' Boy-V chilled pear slices fresh baked whole grain cookie fresh-cut vegetable sticks & dipper	<b>1-May</b> > Homestyle Meatloaf Slice and Gravy herbed carrot coins > Texas BBQ Chicken Sandwich on Whole Wheat Bun fresh baked whole corn > Baked Stuffed Pepper-V (entrée or side item) smashed buttered red potatoes seasonal fresh fruit fresh baked pineapple crumb bar	<b>2-May</b> > Bistro Chicken "Alfredo" Pasta fresh-cut Caesar Salad with croutons > Pepperoni or Garlic Cheese-v French Bread Pizza Italian vegetable medley > Italiano-Tex Toast Griller-V fresh fruit yogurt parfait	<b>3-May</b> > Signature Oven-Roasted Mississippi Brisket & Sauce served with whole corn tortillas & Euro butter > All-Beer Chili Cheese Dog cowboy "baked beans" > Ranch Chicken Tortilla Wrap* fresh banana fresh baked cinnamon roll bites * V-version offered	<b>4-May</b> > Crunchy Tortilla-Crusted Baked Fish cilantro black beans > Grilled Beef & Cheese Burrito > Nacho Chips & Cheese-V fresh-cut seasonal melon wild & brown rice with spinach fresh taco salad greenz' & condiments pineapple "rightside-up" whole grain cake

daily deli 'wiches
turkey & Jack on a fresh baked 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

daily deli salads
daily salad bar, or fresh salad greenz' box
**
fresh-cut veggies with ranch & hummus box
**
fresh-cut fruit salad box
**
cheese & crackers with fresh fruit bow

"snacks"
fresh baked whole grain cookies, muffins, and more
**
only baked chips & bagged snacks

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

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 daily basis