



# Lakeland Christian Academy May 2018

Monday

Tuesday

Wednesday

Thursday

Friday

	<p>&gt; Homestyle Meatloaf Slice and Gravy</p> <p>&gt; Texas BBQ Chicken Sandwich on Whole Wheat Bun</p> <p>smashed buttered red potatoes</p> <p>&gt; Baked Stuffed Pepper-V (entrée or side item)</p>	<p>1</p> <p>herbed carrot coins</p> <p>fresh baked whole corn</p> <p>seasonal fresh fruit</p> <p>fresh baked pineapple crumb bar</p>	<p>&gt; Bistro Chicken "Alfredo" Pasta</p> <p>fresh baked whole grain roll</p> <p>&gt; Pepperoni or Garlic Cheese-v French Bread Pizza</p> <p>&gt; Italiano-Toast Griller-V</p>	<p>2</p> <p>fresh-cut Caesar Salad with croutons</p> <p>Italian vegetable medley</p> <p>fresh fruit yogurt parfait</p>	<p>&gt; Signature Oven-Roasted Mississippi Brisket &amp; Sauce</p> <p>served with whole corn tortillas &amp; Euro butter</p> <p>&gt; All-Beer Chili Cheese Dog</p> <p>&gt; Ranch Chicken Tortilla Wrap*</p> <p>* V-version offered</p>	<p>3</p> <p>oven baked potato wedges</p> <p>cowboy "baked beans"</p> <p>fresh banana</p> <p>fresh baked cinnamon roll bites</p>	<p>&gt; Crunchy Tortilla-Crusted Baked Fish</p> <p>&gt; Grilled Beef &amp; Cheese Burrito</p> <p>&gt; Nacho Chips &amp; Cheese-V</p> <p>wild &amp; brown rice with spinach</p> <p>fresh taco salad greenz' &amp; condiments</p>	<p>4</p> <p>cilantro black beans</p> <p>fresh-cut seasonal melon</p> <p>pineapple "rightside-up" whole grain cake</p>	
<p>&gt; Chicken &amp; Corn Chili with Corn Chips</p> <p>&gt; American Cheeseburger</p> <p>&gt; Crispy Falafel "Burger"-V</p> <p>whole wheat burger bun, burger fixins</p> <p>oven baked tater "tots"</p>	<p>7</p> <p>steamed whole green beans</p> <p>chilled mixed fruit</p> <p>bakery "surprise"</p>	<p>&gt; Baked Chicken Pomodoro Penne</p> <p>fresh baked garlic breadsticks</p> <p>&gt; Deep Dish Pizza Selections on Whole Grain Crust-V</p> <p>&gt; Mozzarella &amp; Tomato Panini-V</p>	<p>8</p> <p>fresh-cut salad greenz' and veggies</p> <p>Tuscan white beans</p> <p>strawberry applesauce</p>	<p>&gt; Mandarin Orange Chicken and steamed brown rice</p> <p>&gt; Confetti Pepper Steak</p> <p>&gt; Stir-Fry Veggie Rice w/Fan-V</p> <p>Vegetable Egg Rolls-V</p> <p>sesame carrot and broccoli 'toss</p>	<p>9</p> <p>fresh-cut cucumber wedges</p> <p>chilled pineapple chunks</p> <p>fresh baked apple n' oats bar</p>	<p>&gt; Savory Gravy Beef Steak</p> <p>&gt; Panko Crumb Baked Fish</p> <p>fresh baked whole wheat roll</p> <p>&gt; Broccoli Cheese Pasta-V (entrée or side item)</p>	<p>10</p> <p>roasted red potatoes</p> <p>hint of mint green peas</p> <p>seasonal fresh fruit</p>	<p>&gt; Creamy King Ranch Chicken</p> <p>&gt; Fajita "Steak" Taco</p> <p>&gt; Nacho Chips &amp; Cheese-V</p> <p>ranchero pinto beans</p> <p>el arroz amarillo con vegetals</p>	<p>11</p> <p>cucumber pico de gallo</p> <p>fresh red grapes bunch</p> <p>fresh baked cinnamon pastry</p>
<p>&gt; Steak Ramen Noodle Bowl</p> <p>&gt; Baked Chicken Breast Nugget Box</p> <p>&gt; Fresh Fruit Bowl, Cheese Stick &amp; Fruit Yogurt "Bento" Box-V</p> <p>fresh baked wheat breadstick</p>	<p>14</p> <p>oven baked waffle-cut "fries"</p> <p>California veggie medley</p> <p>baked apple "crisp"</p>	<p>&gt; Smothered Southern Chicken in gravy</p> <p>&gt; "Chicken Fried" Steak Strips</p> <p>fresh baked whole wheat roll</p> <p>&gt; Spicy Lentil Sliders-V</p> <p>Russet baked potato 'halves</p>	<p>15</p> <p>herbed crinkle-cut carrots</p> <p>fresh seasonal fruit selections</p> <p>fresh baked peach &amp; yogurt bars</p>	<p>&gt; Classic Meatsauce &amp; Rigatoni Pasta</p> <p>fresh baked whole grain roll</p> <p>&gt; Italian Grilled Chicken &amp; Provolone Sub</p> <p>&gt; Pepperoni or Cheese-V Whole Grain Pizza Slices</p>	<p>16</p> <p>fresh-cut Italian "chopped" salad</p> <p>bit of garlic cut green beans</p> <p>fresh fruit yogurt parfait</p>	<p>&gt; Chili "MAC Daddy" Pasta</p> <p>&gt; Grilled Cheese'wich on Whole Wheat Oat Bread-v</p> <p>&gt; Grilled Chicken Caesar Salad</p> <p>fresh baked whole grain soft roll</p>	<p>17</p> <p>bbq white beans</p> <p>fresh-cut vegetable strips "salad"</p> <p>pears &amp; gelatin</p>	<p>&gt; Shredded Brisket &amp; Jack Whole Grain Quesadilla</p> <p>&gt; Baja Fish "Street Tacos" w/corn tortillas, taco greenz' and salsa</p> <p>&gt; Nacho Chips &amp; Cheese-V</p> <p>Tex-Mex-style brown rice</p>	<p>18</p> <p>seasoned black beans</p> <p>fresh-cut seasonal melon</p> <p>Tres-Leches'ish whole grain banana cake</p>
<p>&gt; "Breakfast for Lunch" pancakes, egg, &amp; sausage</p> <p>&gt; Honey Battered Corn Dog</p> <p>oven baked diced potatoes</p> <p>&gt; Open-Faced Tomato &amp; Cheese Texas Toast Melt-V</p>	<p>21</p> <p>winter squash medley saute</p> <p>fresh raw veggie "salad"</p> <p>chilled pineapple chunks</p>	<p>&gt; Southwestern Baked Chicken</p> <p>whole wheat tortilla &amp; Euro butter</p> <p>&gt; Beef &amp; Cheese Taco Salad with whole grain tortilla chips</p> <p>&gt; 3'Cheese Grilled Quesadilla-V</p>	<p>22</p> <p>honey &amp; cumin roasted carrots</p> <p>charro pinto beans</p> <p>fresh fruit mix</p> <p>vanilla yogurt w/cookie crumb</p>	<p>&gt; "Chili Pie" Happy Tater Bowl</p> <p>&gt; Breaded Chicken Breast Tenders Sandwich (with buffalo sauce, if you like it!) whole wheat burger bun</p> <p>&gt; Vegetable "Hot Pocket"-V</p>	<p>23</p> <p>Southern greens saute</p> <p>corn on the cob</p> <p>seasonal apple</p> <p>fresh baked carrot spice bites</p>	<p>&gt; Chicken Spaghetti Carbonara w/turkey bacon</p> <p>fresh baked whole grain roll</p> <p>&gt; Marinara Meatball Sub on a Whole Wheat Roll</p> <p>&gt; Garlic Pizza Cheese Bread-V</p>	<p>24</p> <p>fresh Caesar Salad</p> <p>green bean &amp; carrot medley</p> <p>chilled mixed fruit</p> <p>Italian chocolate cake squares</p>	<p>Last Day</p> <p>Half Day</p>	<p>25</p>
<p>Memorial Day</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>					

**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

(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