



# December 2017 - Newman International Academy

				 <b>Breakfast</b> * fresh baked warm Cinnamon & peach <b>wg</b> "sticky bun" * pineapple chunks - fruit juice - milk * <b>LUNCH</b> * - fajita chicken wrap Texican roast potatoes house-made refried pinto beans fresh taco salad greenz' fresh-cut orange wedges ff ranch dressing, salsa 1% or fat free milk
 <b>Breakfast</b> * raisins & toasted oats cereal bowl * fresh baked <b>wg</b> triberry "flatcake" * pear halves - fruit juice - milk * <b>LUNCH</b> * - charbroiled beef burger whole wheat bun & fixin's oven baked crinkle cut "fries" peas & carrots w/herbs fresh seasonal apple ketchup 1% or fat free milk	<b>Breakfast</b> * scrambled egg burrito w/cheddar & potato in a wg tortilla - salsa * fresh-cut orange - fruit juice - milk * <b>LUNCH</b> * - deep dish cheese pizza-v parmesan cauliflower/broccoli fresh-cut garden salad greenz' chilled mixed fruit ff ranch dressing ** 1% or fat free milk	<b>Breakfast</b> * <b>wg</b> cereal "flake" medley * fresh baked blueberry oat muffin * fresh-cut fruit cup - fruit juice - milk * <b>LUNCH</b> * - "oven-fried" chicken over a whole grain waffle stewed tomatoes & greems red beans NOLA-style chilled peach slices syrup 1% or fat free milk	<b>Breakfast</b> * French toast slices - syrup * turkey sausage patty * applesauce - fruit juice - milk * <b>LUNCH</b> * - breaded steak "fritter" soft whole wheat roll real mashed potato medley cut green beans with garlic fresh grape bunch tomato brown gravy 1% or fat free milk	 <b>Breakfast</b> * fresh baked whole grain biscuit with warm breaded chicken breast * fresh banana - fruit juice - milk * <b>LUNCH</b> * - tres queso grilled quesadilla-v Spanish-style brown rice frijoles con elote (corn) fresh taco salad greenz' fresh-cut pineapple wedge ff ranch dressing, salsa 1% or fat free milk
 <b>Breakfast</b> * fruit & yogurt cup * whole wheat oat bread & jelly * fresh-cut orange - fruit juice - milk * <b>LUNCH</b> * - breaded chicken nuggets fresh baked whole wheat breadstick cowboy "baked beans" fresh vegetable sticks chilled pear slices ff ranch dressing, ketchup 1% or fat free milk	<b>Breakfast</b> * <b>wg</b> cereal "fruity Os" bowl * fresh baked pineapple crumb muffin * chilled apricots - fruit juice - milk * <b>LUNCH</b> * - homestyle meatloaf slice fresh baked whole corn cornbread real mashed potato medley carrot coins & herbs fresh seasonal apple tomato brown gravy 1% or fat free milk	<b>Breakfast</b> * omelet bakery "cup" with egg, cheese, potato & pastry - salsa * fresh-cut cantaloupe - fruit juice - milk * <b>LUNCH</b> * - gyro cheese pizza wrap-v in a whole wheat pita pocket Italian vegetable medley fresh-cut garden salad greenz' chilled pineapple & cherries ff ranch dressing 1% or fat free milk	<b>Breakfast</b> * <b>wg</b> cereal "squares" medley * fresh baked cinnamon roll muffin * chilled peaches - fruit juice - milk * <b>LUNCH</b> * - turkey dog w/chicken chili/chz whole wheat coney bun oven baked tater "tots" confetti corn saute fresh banana ketchup, mustard 1% or fat free milk	 <b>Breakfast</b> * whole grain waffles - syrup * breakfast hashbrown - ketchup * cinnamon apples - fruit juice - milk * <b>LUNCH</b> * - nacho chips & cheese-v wild & brown rice w/spinach cilantro black beans fresh taco salad greenz' fresh-cut watermelon wedge ff ranch dressing, salsa 1% or fat free milk
 <b>Breakfast</b> * raisins & toasted oats cereal bowl * fresh baked banana bread "flatcake" * fresh-cut orange - fruit juice - milk * <b>LUNCH</b> * - American cheeseburger whole wheat bun & fixin's oven baked skin-on potato wedges steamed whole green beans chilled mixed fruit ketchup 1% or fat free milk	<b>Breakfast</b> * fresh baked warm apple cinnamon <b>wg</b> "sticky bun" * fresh banana - fruit juice - milk * <b>LUNCH</b> * - baked turkey ham steak fresh baked whole wheat roll real mashed potato medley steamed green beans apple crisp margarine 1% or fat free milk (ranch)	<b>Breakfast</b> * wg cereal "cinnamon Os" bowl * fresh baked apple n' oats muffin * fresh-cut cantaloupe - fruit juice - milk **		

"Twelve Oaks provides freshness, variety, and good nutrition on a daily basis"

As written on the menu notes section of www.twelveoakscatering.com. • In accordance with current sensitivities towards nut allergies, Twelve Oaks Catering does not purchase or produce menu items made with tree nuts, although some of our purchased bakery and grain items have labels denoting that they have been produced in a facility where tree nuts may be used and could contain a trace amount of those items. Twelve Oaks Catering produces many items that contain wheat, soy, eggs and dairy. Although we limit the number of processed entrees in items used, those items, as well as USDA commodity items, change often. As a result, we do not publish a specific listing of those items and their contents. Should questions arise about specific menu items, please contact us at: info@twelveoakscatering.com and we will provide ingredient information, as is available to us via labeling.

This Month....