

Newman International Academy - January 2018

1	2	3	4	5
Happy New Year!	STUDENT HOLIDAY	STUDENT HOLIDAY	STUDENT HOLIDAY	STUDENT HOLIDAY
				(Pre-Breakfast Deliveries)
8	9	10	11	12
Breakfast * raisins & toasted oats cereal bowl * <i>fresh baked</i> wg triberry "flatcake" * pear halves - fruit juice - milk * LUNCH *	Breakfast * breakfast burritos & taco sauce 1/2 egg-tater-cheese, 1/2 chorizo-tater-cheese * <i>fresh-cut</i> orange - fruit juice - milk * LUNCH *	Breakfast * wg cereal "flake" medley * <i>fresh baked</i> blueberry oat muffin * <i>fresh-cut</i> fruit cup - fruit juice - milk * LUNCH *	Breakfast * French toast slices - syrup * turkey sausage patty * applesauce - fruit juice - milk * LUNCH *	 Breakfast * <i>fresh baked</i> whole grain biscuit with warm breaded chicken breast * <i>fresh</i> banana - fruit juice - milk * LUNCH *
~ Vegetable "Fried" Rice with grilled chicken breast fresh-cut seasonal raw veggies fresh seasonal fruit (apple) stir-fry sauce ff ranch dressing 1% or fat free milk	~ Cheesy 'Dish Pizza on whole grain crust parmesan cauliflower/broccoli fresh-cut garden salad greenz' chilled mixed fruit ff ranch dressing 1% or fat free milk	~ "Oven-Fried" Chicken over whole grain waffle NOLA-style red beans bit of garlic cut green beans chilled peach slices syrup 1% or fat free milk	~ Breaded Steak Fritter <i>fresh baked</i> whole wheat roll real mashed potato medley herbed peas & carrots fresh grape bunch tomato brown gravy 1% or fat free milk	~ Bean & Cheese Burrito Tex-Mex-style brown rice frijoles con elote (corn) fresh taco salad greenz' fresh-cut pineapple wedge house fresh salsa, ff ranch dressing 1% or fat free milk
 15	16	17	18	19
MLK Day	Breakfast * wg cereal "fruity Os" bowl * <i>fresh baked</i> pineapple crumb muffin * chilled apricots - fruit juice - milk * LUNCH *	Breakfast * omelet "biscuit pastry" with egg, cheese, and potato - house salsa * <i>fresh-cut</i> cantaloupe - fruit juice - milk * LUNCH *	Breakfast * wg cereal "CinnToast" medley * <i>fresh baked</i> cinnamon roll muffin * chilled peaches - fruit juice - milk * LUNCH *	 Breakfast * whole grain waffle - syrup * breakfast hashbrown - ketchup * cinnamon apples - fruit juice - milk * LUNCH *
	~ BBQ Pulled Chicken whole wheat roll real mashed potato medley herbed carrot coins fresh seasonal fruit (apple) ** 1% or fat free milk	~ Pepperoni Pizza Bread on whole wheat crust Italian vegetable medley fresh Caesar salad chilled cherry & pineapple salad Caesar dressing 1% or fat free milk	~ Turkey Dog/Chili/Cheese whole wheat coney bun cowboy "baked beans" fresh-cut seasonal raw veggies fresh banana ketchup - mustard 1% or fat free milk	~ Nacho Chips & Cheese wild & brown rice w/spinach cilantro black beans fresh taco salad greenz' fresh-cut seasonal melon slice taco sauce, ff ranch dressing 1% or fat free milk
22	23	24	25	26
Breakfast * raisins & toasted oats cereal bowl * <i>fresh baked</i> banana bread "flatcake" * <i>fresh-cut</i> orange - fruit juice - milk * LUNCH *	Breakfast * <i>warm</i> whole grain flatbread with turkeyham & cheese * <i>fresh</i> banana - fruit juice - milk * LUNCH *	Breakfast * wg cereal "apple-cinn Os" bowl * <i>fresh baked</i> apple n' oats muffin * <i>fresh-cut</i> cantaloupe - fruit juice - milk * LUNCH *	Breakfast * wg pancake "pig in a blanket" with a turkey sausage link - syrup * pineapple chunks - fruit juice - milk * LUNCH *	Breakfast * <i>fresh baked</i> <i>warm</i> apple cinnamon wg "sticky bun" * chilled pears - fruit juice - milk * LUNCH *
~ American cheeseburger whole wheat bun & L/T/P "salad" oven baked tater "tots" steamed whole green beans chilled mixed fruit ketchup 1% or fat free milk	~ Chicken Pomodoro Lasagna <i>fresh baked</i> garlic breadstick Tuscan white beans fresh-cut garden salad greenz' strawberry applesauce ff ranch dressing 1% or fat free milk	~ Mandarin Orange Chicken steamed brown rice carrot & broccoli toss fresh cucumber wedge chilled pineapple chunks ff ranch dressing 1% or fat free milk	~ Savory Gravy Beef Steak <i>fresh baked</i> whole wheat roll real mashed potato medley hint of mint green peas fresh seasonal fruit (apple) ** 1% or fat free milk	~ Nacho Chips & Cheese Southwest pasta with confetti squash ranchero pinto beans cucumber pico de gallo fresh grape bunch house fresh salsa 1% or fat free milk
29	30	31	1-Feb	2-Feb
Breakfast * <i>fresh baked</i> whole grain biscuit with <i>warm</i> turkey sausage patty * <i>fresh-cut</i> orange - fruit juice - milk * LUNCH *	Breakfast * wg cereal "flake" medley * <i>fresh baked</i> peach yogurt muffin * mandarin oranges - fruit juice - milk * LUNCH *	Breakfast * breakfast burritos & taco sauce 1/2 egg-tater-cheese, 1/2 chorizo-tater-cheese * <i>fresh-cut</i> fruit cup - fruit juice - milk * LUNCH *		
~ Breaded Chicken Nuggets <i>fresh baked</i> whole wheat breadstick oven baked waffle-cut "fries" herbed crinkle carrots baked spiced apples ketchup 1% or fat free milk	Chicken "Fried" Steak whole wheat bun & L/T/P "salad" real mashed potato medley California vegetable medley fresh seasonal fruit (apple) ketchup 1% or fat free milk	~ Classic Meatsauce & Rigatoni <i>fresh baked</i> whole grain roll bit of garlic cut green beans fresh Italian "chopped" salad pears & gelatin creamy Italian dressing 1% or fat free 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.

