

# OUR LADY OF MOUNT CARMEL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Additional Entrees  
Offered daily:  
PB & J Sandwiches  
Deli Sandwich  
Salad Bar

Additional Entrees  
for Grades 5-8<sup>th</sup>  
Grades  
Pizza-M/W/F  
Pizza-Cheeseburger  
T/TH

Ala Carte items for 5-  
8<sup>th</sup> grades:  
Fruit Parfaits  
Fresh Fruit  
Bottled Water  
Juice  
Hummus  
And more to come

**Cheese Ravioli w/**<sup>1</sup>  
**Marinara Sauce or**  
**Macaroni & Cheese**  
Winter Mix  
Vegetables  
Mixed Green Salad  
Dinner Roll  
Pears, Milk

NO SCHOOL  
TODAY<sup>4</sup>

**Chicken Tenders or**<sup>5</sup>  
**Bowtie Pasta with**  
**Pesto Sauce**  
Potato Wedges  
Broccoli  
Pears  
Milk

**Homemade**<sup>6</sup>  
**Sausage or**  
**Cheese Pizza**  
Spinach Mandarin  
Salad  
Mixed Green Salad  
Mixed Vegetables  
Apple & Milk

**Soft Beef or**<sup>7</sup>  
**Veggie Taco**  
Spanish Rice  
Mexican Corn  
Mixed Green Salad  
Fresh Salsa  
Peaches, Milk

**Spaghetti with**<sup>8</sup>  
**Marinara Sauce**  
Snap Sugar Peas  
Caesar Salad  
Garlic Bread  
Fruit Cocktail  
Milk

**Baked Ham or**<sup>11</sup>  
**Pasta Fantastica**  
Scalloped Potatoes  
Honey Glazed Carrots  
Mixed Green Salad  
Pineapple  
Milk

**Chicken Sandwich or**<sup>12</sup>  
**Cheese Quesadilla**  
Roasted Red Potatoes  
Mixed Green Salad  
Peas  
Applesauce, Milk

**Pancake & Sausage**<sup>13</sup>  
**or Chicken Fajita**  
Hash Brown  
Green Beans  
Mixed Green Salad  
Orange Wedges  
Milk

**Chicken Alfredo**<sup>14</sup>  
**Or Fettuccini Alfredo**  
Caesar Salad  
Broccoli  
Bread Stick  
Fruit Cocktail  
Milk

**Cheese Pizza**<sup>15</sup>  
**Mexican Lasagna**  
Mixed Green Salad  
Aztec Corn  
Apple  
Milk

NO SCHOOL  
TODAY<sup>18</sup>

**Pancakes w/ syrup**<sup>19</sup>  
**Scrambled Eggs**  
**Sausage Links**  
Hash brown  
Strawberry Cups  
Milk

**Baked Meat or**<sup>20</sup>  
**Spinach Lasagna**  
Caesar Salad  
Fresh Green Beans  
Bread Stick  
Peaches  
Milk

**Chicken & Cheese or**<sup>21</sup>  
**Cheese Quesadilla**  
Spanish Rice  
Black Beans & Corn  
Salsa  
Ranch Salad  
Pears & Milk

**Cheese Ravioli w/**<sup>22</sup>  
**Marinara Sauce or**  
**Tuna Salad Wrap**  
Spinach  
Mixed Green Salad  
Garlic Bread  
Applesauce  
Milk

**Corn Dog**<sup>25</sup>  
**Black Bean Burger**  
Carrots w/ Dill  
Roasted Red  
Potatoes  
Mixed Green Salad  
Applesauce, Milk

**Grilled Chicken**<sup>26</sup>  
**Sandwich**  
**or Grilled Vegetable**  
**Wrap**  
Roasted Cauliflower  
Potatoes Wedges  
Mixed Green Salad  
Orange Wedges, Milk

**BBQ Beef on Bun**<sup>27</sup>  
**Or Baked Ziti**  
Roasted Red  
Potatoes  
Green Beans  
Mixed Green Salad  
Pineapple  
Milk

**Cheeseburger or**<sup>28</sup>  
**Chicken Nuggets**  
Sweet Potato Fries  
Mixed Vegetables  
Mixed Green Salad  
Peaches  
Milk

**Baked Cod with Roll**<sup>29</sup>  
**or Grilled Cheese**  
Rice Pilaf  
Lemon Pepper Peas  
Mixed Green Salad  
Fruit Cocktail  
Milk

**AUGUST 2017**

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26

# SEPTEMBER 2017

**OCTOBER 2017**

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1 Galvin Gardner Gaskill Gassman Gater Gill	2
3	4 - Labor Day  NO SCHOOL	5 Gillis Gillman Ginder Godinez Gould Green, Theresa	6 Greener Greffet Greven Griffin Grissom Griswold	7 Groth Grskovich Guerrero-Vazquez Gutierrez-Torres Hagelskamp Hahn	8 Hall Hamilton Harrington Hartman Harvey Hedrick	9
10	11 Heilman Hein Herrera, Angela Herrera, Laura Hillman Hirschfeld	12 Hohne Hokanson Horvath Houser Howard Hruskocy	13 Hubner Hulzebos Hynes Jacoby Jayne Jaynes	14 Jurewicz Kaelin Kaercher Kehlor Keller Kern	15 Kerr Kinney Kiser Klinker Knipp Knott	16
17	18 NO SCHOOL Teacher Diocesan Day	19 Koehl Koger Kolb Koscal Kramer Barrett	20 Kreiner Krupinski Kunkel Kuykendall Laferrriere Lawson	21 Lee Legg Leising Lemberger Leshner Linden	22 Loso Lueking Mace Macha Maciag Mahon	23
24	25 Majors Makar Marcus Martinez Mattingly Maynard	26 McGee McGowan McGraw McGreal McGuire McIlvenna	27 Megel Meier Mendoza Merenda Merrick Messick	28 Meyer Michaud Michel Millay Miller, Paige Miller, Deb	29 Mitchell Modleski Modrall Menteros Moore Mora	30