

May 2018 - Newman International Academy



	1	2	3	4
	Breakfast * wg cereal "fruity Os" bowl * <i>fresh baked</i> cinnamon "monkeybread" * chilled apricots - fruit juice - milk * LUNCH *	Breakfast * biscuit "pastry" cup with egg, cheese, and potato - house salsa * <i>fresh-cut</i> cantaloupe - fruit juice - milk * LUNCH *	Breakfast * wg cereal "CinnaToast" bowl * <i>fresh baked</i> pineapple crumb muffin * chilled peaches - fruit juice - milk * LUNCH *	 NO School
	~ Texas BBQ Chicken Sandwich <i>fresh baked whole grain roll</i> <i>real mashed potato medley</i> <i>herbed carrot coins</i> <i>fresh seasonal fruit selection</i> ** 1% or fat free milk	~ Pepperoni Pizza Bread <i>on whole grain crust</i> <i>Italian vegetable medley</i> <i>fresh-cut Caesar side salad</i> <i>chilled cherry-spiked pineapple salad</i> <i>Caesar dressing</i> 1% or fat free milk	~ All-Beef Chili Cheese Dog <i>whole wheat coney bun</i> <i>cowboy "baked beans"</i> <i>fresh-cut seasonal raw veggies</i> <i>fresh banana</i> <i>ketchup, mustard</i> 1% or fat free milk	
7	8	9	10	11
 Breakfast * wg cereal "apple-cinn Os" 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 * toasted oats & raisins cereal 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> upsidedown apple n' cinnamon wg "sticky bun" * chilled pears - fruit juice - milk * LUNCH *
~ American Cheeseburger <i>whole wheat bun & L/T/P "salad"</i> <i>oven baked tater "tots"</i> <i>steamed green beans</i> <i>chilled fruit mix in juice</i> <i>ketchup</i> 1% or fat free milk	~ Pepperoni 'Dish Pizza <i>whole grian deep dish shell</i> <i>Tuscan white beans</i> <i>fresh-cut garden salad greenz'</i> <i>strawberry applesauce</i> <i>ff ranch dressing</i> 1% or fat free milk	~ Confetti Pepper Steak <i>steamed brown rice</i> <i>carrot & broccoli toss</i> <i>fresh-cut cucumber wedge</i> <i>chilled pineapple chunks</i> <i>ff ranch dressing</i> 1% or fat free milk	~ Broccoli Cheese Rotini Pasta (with whole grain pasta) <i>fresh baked whole wheat roll</i> <i>hint of mint green peas</i> <i>fresh seasonal apple</i> ** 1% or fat free milk	~ King Ranch Chicken <i>el arroz amarillo con vegetals</i> <i>ranchero pinto beans</i> <i>cucumber pico de gallo</i> <i>fresh grape bunch</i> <i>house salsa</i> 1% or fat free milk
14	15	16	17	18
 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 "flakes" medley * <i>fresh baked</i> peach yogurt muffin * mandarin oranges - fruit juice - milk * LUNCH *	Breakfast * breakfast taquito & taco sauce 1/2 egg-tater-cheese - 1/2 chorizo-tater-cheese * <i>fresh-cut</i> fruit cup - fruit juice - milk * LUNCH *	Breakfast * wg cereal "squares" bowl * <i>fresh baked</i> WG triberry "flatcake" * <i>fresh</i> banana - fruit juice - milk * LUNCH *	 Breakfast * French toast sticks - syrup * turkey sausage link * diced peaches - fruit juice - milk * LUNCH *
~ Fresh Fruit Salad Box <i>strawberry banana yogurt cup</i> <i>mozzarella cheese stick</i> <i>fresh baked whole wheat breadstick</i> <i>California vegetable medley</i> ** 1% or fat free milk	~ "Chicken Fried" Steak Strips <i>real mashed potato medley</i> <i>herbed crinkle carrots</i> <i>fresh seasonal fruit selection</i> <i>ketchup</i> ** 1% or fat free milk	~ Cheese Pizza Square <i>on whole grain crust</i> <i>bit of garlic cut green beans</i> <i>fresh-cut Roman "chopped" side salad</i> <i>chilled fruit mix in juice</i> <i>Italian dressing</i> 1% or fat free milk	~ Chili "MAC Daddy" Pasta (with whole grain pasta) <i>fresh-cut veggie strips "salad"</i> <i>bbq white beans</i> <i>pears & gelatin</i> ** 1% or fat free milk	~ Nacho Chips & Cheese <i>Tex-Mex 'style brown rice</i> <i>seasoned black beans</i> <i>fresh taco salad greenz'</i> <i>fresh-cut seasonal melon slice</i> <i>taco sauce, ff ranch dressing</i> 1% or fat free milk
21	22	23	24	25
 Breakfast * wg cereal "CinnaToast" bowl * whole wheat oat bread & jelly * seasonal apple - fruit juice - milk * LUNCH *	Breakfast * <i>warm</i> breakfast bagel 'Za with turkey bacon, egg & cheese * <i>fresh</i> banana - fruit juice - milk * LUNCH *	Breakfast * wg cereal "fruity Os" bowl * <i>fresh baked</i> carrot spice muffin * diced apricots - fruit juice - milk	 NO LUNCH LAST DAY OF SCHOOL! Well done! Have a great summer!	 NO LUNCH LAST DAY OF SCHOOL! Well done! Have a great summer!
~ "Breakfast..for Lunch" <i>pancakes, egg, & turkey sausage</i> <i>oven baked diced potatoes</i> <i>fresh-cut seasonal raw veggies</i> <i>chilled pineapple chunks</i> <i>ff ranch dressing</i> 1% or fat free milk	~ Beef & Cheese Taco Salad <i>with fresh-cut salad greenz' & chips</i> <i>honey & cumin roast carrots</i> <i>charro pinto beans</i> <i>fresh-cut mixed fruit</i> <i>house salsa, ff ranch dressing</i> 1% or fat free milk			
28	29	30	31	
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