



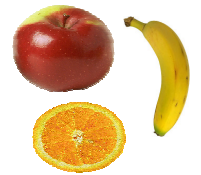
Catering

freshness, nutrition, and variety

St. Rita Catholic School

May 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 RANCH CHILI PIE <i>chili beef, corn chips & cheese</i> (N) cheese pizza slices turkey & jack wheat roll steamed carrot coins broccoli & chz brown rice salad bowl w/romaine leaf fresh grape cluster	2 MAPLE ROAST CHICKEN <i>served with fresh baked wheat roll</i> cheeseburger - fixins (N) grilled cheddar'wich diced hashbrowns potatoes steamed veggie medley chilled mixed fruit pineapple oat muffin bite	3 ITALIAN MEATBALLS <i>old world sauce over fusilli pasta</i> (N) baked cheese pizza roll-up chicken salad wheat roll sub steamed green beans fresh salad bowl w/spinac chilled diced pears whole grain oatmeal cooki	4
7 GRILLED STEAK RIBBONS <i>with roasted red potatoes</i> (N) 4cheese hoagie pizza ham & cheddar wheat roll steamed broccoli florets salad bowl w/romaine leaf chilled mandarin oranges whole grain chip cookie	8 BAKED BBQ CHICKEN <i>served with fresh baked wheat roll</i> charbroiled burger - fixins (N) garden chili/chz/crackers oven potato wedges steamed green beans chilled fruit & gelatin baked crumb-top apples	9 PENNE PASTA LASAGNA <i>served with French bread</i> (N) cheese pizza slices turkey & jack wheat wrap yellow wax beans cucumber veggie salad chilled diced peaches carrot spice cake'ettes	10 GRILLED FISH TACOS <i>served with pico de gallo</i> grilled chicken'wich - fixins (N) nacho cheese & chips veggie brown rice pilaf steamed vegetable medley lettuce-tomato side salad chilled pineapple bits	11 CHICKEN STRIPS <i>baked, breaded, white meat only</i> bbq brisket on wheat bun (N) fresh fruit bowl & yogurt house-made cowboy beans fresh salad bowl w/spinac chilled diced apricots whole grain trail mix
14 PANKO-CRUMB FISH FILET <i>served over veggie rice pilaf</i> pepperoni pizza slices (N) veggie/bean farfelle pasta steamed veggie medley salad bowl w/romaine leaf mixed fruit in juice whole grain oatmeal cooki	15 MEATLOAF N' GRAVY <i>served with fresh baked wheat roll</i> grilled chicken on biscuit (N) fresh fruit bowl & yogurt mashed potatoes steamed carrot coins fresh fruit selections raisin crunch cup	16 OVEN "FRIED" CHICKEN <i>lightly breaded drumstick</i> charbroiled burger - fixins (N) 4bean veggie wrap whole grain mac & cheese steamed green beans chilled mandarin oranges fresh grape cluster	17 OLD WORLD SPAGHETTI <i>served with wheat bread stick</i> (N) flatbread/pita cheese pizza ham & cheddar wheat roll steamed italian veggies fresh salad bowl w/spinac chilled applesauce blueberry muffin bites	18 CHICKEN HOT POT <i>a stew with potatoes & pasta</i> turkey frank on coney bun (N) lunch "breakfast" burrito house-made bbq pinto bean fresh veggie sticks chilled pineapple tidbits banana yogurt pudding
21 OVEN-ROASTED BRISKET <i>served chopped with tortilla & sauce</i> (N) 4cheese hoagie pizza tuna salad on honey wheat steamed california veggie chilled pasta bean salad tropical fruit medley baked crumb-top peaches	22 CHICKEN NUGGETS <i>baked, breaded, white meat only</i> sloppy joe on wheat bun (N) garden chili/chz/crackers house-made cowboy beans steamed broccoli florets salad bowl w/romaine leaf fresh seasonal melon wedg	23 CHEESE QUESADILLA (N) <i>served with pico de gallo</i> cheeseburger - fixins turkey & jack wheat roll oven crinkle fries steamed green peas chilled fruit & gelatin apple muffin bites	24 CHILI CHEDDAR PASTA <i>served with french bread</i> (N) cheese pizza slices roast beef & cheddar wrap steamed green beans fresh salad bowl w/spinac chilled sliced apples whole grain trail mix	25 CHICKEN ENCHILADAS <i>topped with ranchero cheese</i> soft beef & cheese tacos (N) nacho cheese & chips Spanish brown rice chunky refried beans lettuce-tomato side salad whole grain cinnamon cook
28 Memorial Day	29 STEAK MILANESE TIPS <i>lightly breaded beef steak</i> grilled chicken'wich - fixins (N) fresh fruit bowl & yogurt whole grain mac & cheese steamed green beans stewed okra & tomatoes chilled mandarin oranges	30	31	



FRESH FRUIT
selections served
EVERDAY !!



Fresh or
Frozen



Veggies
Only !!

Always
BAKED...

.... NEVER
fried !!

(N)=nonmeat
entrees

Choose from
3 Entrees

Choose
3 Sides from 4



fresh baked
rolls &
desserts
lean
meats,
chicken
breast meat
only !!

(expect drumsticks)

DAILY MENU at YOUR SCHOOL: Entrees, Vegetables & Sides, Baked Potatoes, SALAD BAR, DELi Sandwiches, Fresh Veggie & Cheese Trays, & Fresh Baked Snack Rack

* all sandwiches & burgers served on wheat bread or buns with crispy romaine lettuce

* most pizza crusts, breads, rolls, bakery, and desserts are whole grain items

