

Holy Trinity Catholic School

August 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
	1 smoked turkey breast <i>served with gravy & wheat roll</i> 2 4cheese PIZZA-v 3 ham/cheddar sub <i>cowboy white beans chilled diced pears choice of fresh fruit whole grain trail mix</i>	1 chicken strips <i>of breaded breast meat</i> 2 bbq sloppy joe/bun 3 vegetable chili-v <i>steamed broccoli whole grain mac & cheese salad w/romaine lettuce whole grain banana cake</i>	1 bbq baked chicken <i>with a fresh baked wheat roll</i> 2 hamburger/fixins 3 fruit bowl/yogurt-v <i>oven potato wedges steamed mixed veggies choice of fresh fruit fruit & gelatin</i>	1 beef penne pasta <i>with a french bread slice</i> 2 cheese PIZZA-v 3 turkey/swiss'wich <i>yellow wax beans chilled diced peaches fresh salad w/spinach baked apple w/ crumb top</i>
23	24	25	26	27
1 beef/cheese'dilla <i>served with pico de gallo</i> 2 grilled chicken/bun 3 bean/chz nachos-v <i>tomato cheese rice steamed green beans lettuce-tomato-cheese-salsa fresh melon wedge</i>	1 breaded fish filet <i>served on a wheat burger bun</i> 2 pepperoni PIZZA 3 garden pasta/sauce-v <i>steamed italian vegetables chilled mixed fruit salad w/romaine lettuce oatmeal raisin cookie</i>	1 meatloaf n'gravy <i>with a fresh baked wheat roll</i> 2 chicken/chz biscuits 3 fruit bowl/yogurt-v <i>mashed potatoes steamed green beans choice of fresh fruit banana yogurt pudding</i>	1 oven-fried chicken <i>a hand-breaded drumstick</i> 2 hamburger/fixins 3 super chef salad-v <i>bbq pinto beans steamed carrot coins choice of fresh fruit chilled mandarin orange</i>	1 meaty spaghetti <i>with a garlic bread stick</i> 2 cheese PIZZA-v 3 ham/cheddar sub <i>steamed mixed veggies chilled applesauce fresh salad w/spinach whole grain cocoa cake</i>
30	31			
1 breakfast for lunch <i>french toast n'turkey sausage</i> 2 turkey frank/bun 3 grilled cheese-v <i>baked potato puffs chilled pineapple 'bits fresh veggie sticks-ranch fresh grape cluster</i>	1 meatballs n'gravy <i>served over butterfly pasta</i> 2 cheese PIZZA-v 3 tuna salad'wich <i>steamed california veggies chilled pasta/bean salad choice of fresh fruit chilled tropical fruit mix</i>			



Catering

committed to provide freshness, nutrition, and variety

MENU NOTES:

- * *your school serves a salad bar, baked potatoes, and deli sandwiches EVERYDAY!*
- * *a non-meat entree is offered every day and is notated with a "-v"*
- * *"BAKED, never fried" - we promote a low fat, low sugar and appropriate caloric menu.*
- * *we use whole wheat breads, lean meats, only chicken breast meat, and low fat cheeses.*
- * *fresh fruit offered daily; desserts are made with whole grains and are relatively low in sugar.*

menus and debit accounts at
www.twelveoakscatering.com



*all food produced in a
TDH inspected kitchen*

