

Dallas Day School

May 2017

Twelve Oaks



Catering

committed to provide freshness, nutrition, and variety



*lean meats
chicken breast meat*

*only fresh or frozen
veggies*

*fresh or natural juice
fruit*

whole grains



all food produced in a TDA inspected kitchen



"always BAKED, never fried"



**more info at
twelveoaks catering.com**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>honey grahams-apple jelly diced peaches in light syrup 1% milk **</p> <p>sloppy Joe beef <i>whole wheat burger bun</i> black-eyed peas steamed carrot coins ** 1% milk **</p> <p>mandarin oranges in juice 1% milk</p>	<p>2</p> <p>fresh RED apple (1/2) wheat roll & turkeyham 1% milk **</p> <p>cheddar cheese sauce & whole grain pasta shells steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk **</p> <p>animal crackers 1% milk</p>	<p>3</p> <p>carrot spice muffin fresh banana 1% milk **</p> <p>steak fritters (breaded) sweet potatoes steamed cut green beans watermelon wedge ketchup 1% milk **</p> <p>pineapple chunks in juice 1% milk</p>	<p>4</p> <p>wheat raisin bagel - margarine tropical fruit mix 1% milk **</p> <p>chicken breast bake <i>with brown rice & veggies</i> steamed broccoli cuts fresh orange wedges ** 1% milk **</p> <p>cucumber slices - light ranch 1% milk</p>	<p>5</p> <p>whole grain pancake(s) - syrup fresh cantaloupe wedge 1% milk **</p> <p>deli turkeyham & cheese <i>on whole wheat bread</i> green pea pasta salad sliced pears in juice mustard 1% milk **</p> <p>whole grain cookie 1% milk</p>
<p>8</p> <p>toasted oats & raisins applesauce 1% milk **</p> <p>sliced turkey in gravy <i>whole wheat coney bun</i> oven potatoes, diced steamed broccoli cuts ketchup 1% milk **</p> <p>fresh apple (1/2) 1% milk</p>	<p>9</p> <p>fresh orange multigrain waffle -syrup 1% milk **</p> <p>salisbury beef steak in light brown gravy <i>whole wheat roll</i> mashed potatoes steamed carrot coins 1% milk **</p> <p>cheddar goldfish 100% juice</p>	<p>10</p> <p>blueberry oat muffin pineapple tidbits in juice 1% milk **</p> <p>chicken ZOO crew <i>with whole grain breading</i> sweet potatoes 4-way vegetable mix ketchup 1% milk **</p> <p>fresh melon wedge 1% milk</p>	<p>11</p> <p>chilled peach halves whole wheat bread - jelly 1% milk **</p> <p>meatballs n' Roma sauce <i>whole wheat breadstick</i> steamed cut green beans fresh leafy salad greenz' reduced calorie ranch 1% milk **</p> <p>cheese n' whole wheat roll 1% milk</p>	<p>12</p> <p>whole grain English muffin-jelly fresh banana 1% milk **</p> <p>"cured" turkey & cheese <i>in wheat tortilla wrap</i> lotsa bean salad fresh cucumber slices reduced calorie ranch 1% milk **</p> <p>vanilla yogurt "pudding" 100% juice</p>
<p>15</p> <p>honey grahams-apple jelly diced apricots in light syrup 1% milk **</p> <p>chicken breast nuggets <i>with whole grain breading</i> seasoned black beans steamed carrot coins ketchup 1% milk **</p> <p>pineapple chunks in juice 1% milk</p>	<p>16</p> <p>whole wheat bagel-cream cheese fresh orange, wedged 1% milk **</p> <p>beef burger patty <i>whole wheat burger bun</i> oven potatoes, diced California veggie medley ketchup 1% milk **</p> <p>fresh apple (1/2) 1% milk</p>	<p>17</p> <p>pineapple muffin diced pears in juice 1% milk **</p> <p>cheddar cheese sauce & whole grain pasta shells steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk **</p> <p>fresh banana 1% milk</p>	<p>18</p> <p>fresh cantaloupe wedge whole grain cereal - raisins 1% milk **</p> <p>homestyle meatloaf in light brown gravy <i>whole wheat roll</i> mashed potatoes steamed cut green beans 1% milk **</p> <p>mozzarella cheese stick 100% juice</p>	<p>19</p> <p>whole grain waffle -syrup sliced apples in juice 1% milk **</p> <p>turkey breast n' cheese <i>on whole wheat bread</i> mixed fruit in juice broccoli ranch salad light mayonnaise 1% milk **</p> <p>crunchy trail mix 1% milk</p>
<p>22</p> <p>toasted oats & raisins mandarin oranges in juice 1% milk **</p> <p>beef meatballs <i>with tomato brown sauce</i> <i>whole wheat roll</i> mashed potatoes steamed cut green beans 1% milk **</p> <p>banana yogurt "pudding" 100% juice</p>	<p>23</p> <p>fresh orange whole wheat bread - jelly 1% milk **</p> <p>wg breaded chicken breast <i>whole wheat burger bun</i> oven diced potatoes steamed carrot coins ketchup 1% milk **</p> <p>animal crackers 1% milk</p>	<p>24</p> <p>apple n' oats muffin chef's choice melon wedge 1% milk **</p> <p>tex-mex taco beef <i>wheat flour tortilla</i> Spanish brown rice bbq white beans pineapple orange salad 1% milk **</p> <p>fresh RED apple (1/2) 1% milk</p>	<p>25</p> <p>applesauce multi-grain pancake(s) - syrup 1% milk **</p> <p>baked chicken breast <i>& bow-tie wheat pasta</i> Italian veggie medley fresh leafy salad greenz' reduced calorie ranch 1% milk **</p> <p>cheese squares & crackers 100% juice</p>	<p>26</p> <p>whole grain biscuit - jelly sliced peaches in light syrup 1% milk **</p> <p>cowboy beans & franks (or turkey cony dog) <i>whole wheat bread</i> steamed broccoli florets ** 1% milk **</p> <p>cheddar goldfish 1% milk</p>
<p>29</p> <p>Memorial Day</p>	<p>30</p> <p>whole grain cereal - raisins fresh apple (1/2) 1% milk **</p> <p>baked cheese taquito <i>Spanish-style brown rice</i> refried pinto beans fresh cucumber slices reduced calorie ranch 1% milk **</p> <p>fresh melon chunks 1% milk</p>	<p>31</p> <p>peach n' yogurt muffin pineapple tidbits in juice 1% milk **</p> <p>chicken breast nuggets <i>with whole grain breading</i> mashed potatoes buttered cut corn ketchup 1% milk **</p> <p>fresh banana 1% milk</p>	<p>1-Jun</p> <p>whole grain English muffin-jelly fresh orange, wedged 1% milk **</p> <p>meatsauce Roma <i>& whole-grain spaghetti</i> steamed cut green beans fresh leafy salad greenz' reduced calorie ranch 1% milk **</p> <p>crunchy trail mix 1% milk</p>	<p>2-Jun</p> <p>french toast - syrup sliced apples in juice 1% milk **</p> <p>turkey breast n' cheese <i>in wheat tortilla wrap</i> mixed fruit in juice hawaiian potato salad light mayonnaise 1% milk **</p> <p>vanilla yogurt "pudding" 100% juice</p>