



# Our Lady of Mount Carmel Lunch Menu September 2023

04

**Happy Labor Day**

05

06

**WAFFLE WEDNESDAY!**

Maple Madness Mini Waffles, Crisp Bacon, Fruit Choices & Fresh Veggie

07

Crispy Chicken Nuggets, Choice of Dipping Sauce & Crinkle Cut Fries, Fruit Choices & Fresh Veggie

08

Cheeseburger, Baked Chips, Fruit Choices & Fresh Veggie

11

**BRUNCH LUNCH**

Buttermilk Pancakes, Crispy Tater Tots, Fruit choices & Fresh Veggie

12

**STUDENT FAVORITE**

Walking Tacos with Mexi-Spiced Rice & Mandarin Oranges

13

Spaghetti with Meatballs, Fresh Garden salad

14

All Beef Hotdog, Baby Carrots with Ranch Dip, Sidekicks (100% fruit juice frozen treat)

15

Crispy Popcorn Chicken, Smiley Face Fries, Cinnamon Applesauce

18

**NATIONAL CHEESEBURGER DAY!**

Cheeseburger with **MASCOT SAUCE**, Baked Potato Chips & Fruit Side

19

**Asst. Pizza**

Plain or Pepperoni Pizza, Baked fries, Fruit Choices & Fresh Veggie

20

Classic Grilled Cheese Sandwich, Crispy Tater Tots, Celery Sticks with Ranch Dip

21

**ASIAN INSPIRATION!**

Crisp Chicken with Zesty Orange Sauce over Steamed Rice & a Fortune Cookie

22

Homestyle Chicken Tenders, Choice of Dipping Sauce, Seasoned Twister Fries, Fresh Veggie Side

25

**BRUNCH LUNCH**

Cinnamon French Toast Sticks, Country Sausage & Yogurt

26

Breaded Mozzarella Pizza Cruncher, with Pizza Sauce Dipper, Cucumber Coins & Ranch, Cinnamon Graham Cookie Snack

27

**WAFFLE WEDNESDAY!**

Blueberry Mini Waffles, Crisp Bacon and Mandarin Oranges

28

Cheese Quesadilla, Corn, Fruit choices & Fresh Veggie

29

Tempura Chicken Nuggets, Choice of Dipping Sauce, Crinkle Cut Fries, & Fresh Apple Slices

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All Daily Meal Specials include choice of beverage  
\$5.50  
Fruit & Fresh Vegetables included in your Daily Meal  
A variety of a la carte items are available daily.

**PLEASE JOIN US**  
9/12-Student Favorite Day  
9/18-National Cheeseburger Day  
9/21-Asian Inspirations  
9/26-National Pancake Day