



# Mount Carmel Academy

## Lunch Menu

### August 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1						
WEEK 2 August 5 – 9	5	6	7	8	9	
WEEK 3 August 12 – 16	12	13	14	15 <ul style="list-style-type: none"> <li>Mock Turtle Soup</li> <li> Grilled Chicken Tenders</li> <li>Fried Chicken Tenders</li> <li> Veggie</li> <li>Baked Potato Bar</li> <li> Cheese Bagel Pizza</li> </ul>	16 <ul style="list-style-type: none"> <li> Shrimp &amp; Okra Gumbo</li> <li> Mediterranean Chicken Pasta</li> <li>Eggplant Parmesan</li> <li> Vegetable Medley</li> <li>Baked Potato Bar</li> <li>Assorted Pizza</li> </ul>	
WEEK 4 August 19 – 23	19 <ul style="list-style-type: none"> <li>Minestrone Soup</li> <li> Red Beans &amp; Brown Rice</li> <li>Country Fried Steak</li> <li> Turmeric Cauliflower</li> <li>Baked Potato</li> <li>Assorted Pizza</li> </ul>	20 <ul style="list-style-type: none"> <li>French Onion Soup</li> <li> Grilled Chicken Tenders</li> <li>Fried Chicken Tenders</li> <li> Sugar Snap Peas</li> <li>Baked Potato Bar</li> <li> Cheese Bagel Pizza</li> </ul>	21 <ul style="list-style-type: none"> <li>Turkey &amp; Hot Sausage Gumbo</li> <li> Oven Roasted Sweet Potatoes</li> <li>Cheeseburger on Bun</li> <li>French Fries</li> <li>Baked Potato Bar</li> <li> Cheese Bagel Pizza</li> </ul>	22 <ul style="list-style-type: none"> <li> Chicken &amp; Andouille Gumbo</li> <li> 6oz. Cajun Chicken Breast</li> <li>Chicken Alfredo Pasta</li> <li> Stewed Okra &amp; Tomatoes</li> <li>French Fry Bar</li> <li>Assorted Pizza</li> </ul>	23 <ul style="list-style-type: none"> <li>Corn &amp; Crab Bisque</li> <li> Chicken Creole over WW Pasta</li> <li>4oz. Crawfish Pie</li> <li> Roasted Zucchini &amp; Squash</li> <li>Baked Potato Bar</li> <li>Assorted Pizza</li> </ul>	
Week 5 August 26-30	26 <ul style="list-style-type: none"> <li>Tomato Basil Soup</li> <li> Red Beans &amp; Brown Rice</li> <li>4oz. Breaded Pork Chop</li> <li> Broccoli Parmesan</li> <li>Assorted Pizza</li> </ul>	27 <ul style="list-style-type: none"> <li>Cream of Artichoke Soup</li> <li> Grilled Chicken Tenders</li> <li>Fried Chicken Tenders</li> <li> Vegetable Medley</li> <li>Baked Potato Bar</li> <li> Cheese Bagel Pizza</li> </ul>	28 <ul style="list-style-type: none"> <li>Mushroom &amp; Brie Soup</li> <li>Roast Beef Poboy</li> <li>French Fries</li> <li>Baked Potato Bar</li> <li> Cheese Bagel Pizza</li> </ul>	29 <ul style="list-style-type: none"> <li> Butternut Squash Soup</li> <li>Spaghetti &amp; Meatballs</li> <li>Garlic Bread</li> <li>Buttered Corn</li> <li> Baked Sweet Potato Bar</li> <li>Assorted Pizza</li> </ul>	30 <b>CLOSED</b>	



Eat Fit NOLA options meet the nutritional criteria designed by Ochsner Health System. Download the Free Eat Fit App and look for MCA in Eat Fit Schools Section for full nutrition facts.

