



Mount Carmel Academy Lunch Menu March 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 March 2-6	3/2 Italian Artichoke Soup ● Red Beans & Brown Rice Chicken Cordon Blue ● Broccoli Parmesan Baked Potato Bar Assorted Pizza	3 Mock Turtle Soup ● Grilled Chicken Tenders Fried Chicken Tenders ● Turnip Greens Baked Potato Bar Assorted Pizza	4 Butternut Squash Soup Roast Beef Poboy French Fries Baked Potato Bar ● Cheese Bagel Pizza	5 Mushroom & Brie Soup EF Chicken Pesto Chicken Enchilada Casserole ● Vegetable Medley BBQ Chicken Chips Bar Assorted Pizza	6 Shrimp & Okra Gumbo ● Baked Fish Fried Fish ● Zucchini & Squash Cheese Pizza	
WEEK 2 March 9-13	9 Senior B/D Lunch Tomato Basil Soup EF Red Beans & Brown Rice Chicken Alfredo Pasta ● Cauliflower Turmeric Parm. Baked Potato Bar Assorted Pizza	10 Broccoli & Cheese Soup ● Grilled Chicken Tenders Fried Chicken Tenders ● Vegetable Medley Baked Potato Bar ●	11 8 th Grade Retreat White Bean Chicken Chili Cheeseburger on Bun Cajun Roasted Potatoes Baked Potato Bar EF Cheese Bagel Pizza	12 Sophomore Retreat Loaded Potato Soup BRUNCH FOR LUNCH BRUNCH FOR LUNCH ● Scrambled Eggs Baked Potato Bar EF Cheese Bagel Pizza	13 Freshman Retreat Corn & Crab Bisque ● Baked Fish Shrimp Poboy ● Zucchini & Squash Baked Potato Bar Cheese Pizza	
WEEK 3 March 16-20	16 Tomato Basil Soup ● Red Beans & Brown Rice Country Fried Steak ● Cauliflower Parmesan Baked Potato Bar Assorted Pizza	17 St. Patrick's Day Turkey & Hot Sausage Gumbo ● Grilled Chicken Tenders Fried Chicken Tenders ● Sugar Snap Peas Baked Potato Bar ● Cheese Bagel Pizza	18 Roasted Chicken Noodle Soup ● White Beans & Brown Rice Italian Breaded Chicken Patty Baked Potato Bar Cheese & Pepperoni Pizza	19 St. Joseph Alter ● Chicken & Andouille Gumbo ● EF Baked Chicken Parmesan Meatballs & Spaghetti EF Cauliflower Turmeric Parm. French Fry Bar Assorted Pizza	20 Shrimp & Okra Gumbo Shrimp Creole Fish Taco's ● Zucchini & Squash Baked Potato Bar Cheese Pizza	
WEEK 4 March 23-27	23 NO LUNCH	24 NO LUNCH	25 ● Hearty Creole Jambalaya Soup 6oz. Pesto Chicken Breast Turkey Taco's Green Peas Baked Potato Bar Cheese Bagel Pizza	26 NO LUNCH	27 Crawfish, Corn & Potato Soup Baked Fish Crawfish Pie ● Mixed Vegetable Baked Potato Bar Cheese Pizza	
	30 Tomato Basil Soup EF Red Beans & Brown Rice Chicken Fried Chicken ● Cauliflower Turmeric Parm. Baked Potato Bar Assorted Pizza	31 Mock Turtle Soup ● Grilled Chicken Tenders Fried Chicken Tenders ● Turnip Greens Baked Potato Bar Assorted Pizza				



