



Mount Carmel Lunch Menu October 2021



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1					1 BRUNCH! Scrambled Eggs Sausage Waffles or French Toast Grits Biscuit
WEEK 2	4 Red Beans White Rice Brown Rice Cauliflower Corn Bread	5 Fried Chicken Tenders Grilled Chicken Tender Mac & Cheese Steamed Broccoli Bread Roll	6 Chicken Teriyaki Stir Fry Veggies Fried Rice Egg Rolls	7 Fajitas Onions and Peppers Yellow Rice Black Beans Cheese/ Lettuce Nacho Bar	8 Fried Shrimp Poboy Baked Shrimp French Fries Corn
WEEK 3	11 Red Beans White Rice Brown Rice Cauliflower Corn Bread	12 Fried Chicken Tenders Grilled Chicken Tender Mac & Cheese Steamed Broccoli Bread Roll	13 Chicken Parmesan Grilled Chicken Parmesan Spaghetti Whole Wheat Penne Smothered Green Beans Garlic Bread	14 Open House Early Dismissal	15 No School
WEEK 4	18 Red Beans White Rice Brown Rice Cauliflower Corn Bread	19 Fried Chicken Tenders Grilled Chicken Tender Mac & Cheese Steamed Broccoli Bread Roll	20 Shrimp Alfredo Pasta Whole Wheat Penne Green Beans Garlic Bread	21 Enchilada Casserole Yellow Rice Black Beans Churros	22 Grilled Cheese Tomato Basil Soup
WEEK 5	25 Red Beans White Rice Brown Rice Cauliflower Corn Bread	26 Fried Chicken Tenders Grilled Chicken Tender Mac & Cheese Steamed Broccoli Bread Roll	27 Cheese Tortellini w/ Pesto Sauce Carrots Garlic Bread	28 Chicken Lo Mein Stir Fry Veggies Egg Rolls	29 Cajun Shrimp Pasta Cauliflower



EatFit NOLA items meets the nutritional criteria set by Ochsner Health.
For more information, visit eatfitnola.com

Due to Covid 19 food shortages, menu is subject to change.
Please check back daily as menu changes are made in real time.

*This institution is an equal opportunity provider.