



Mount Carmel Lunch Menu October 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	30 Red Beans & Rice Vegetarian Red Beans & Rice Smoked Sausage Buttered Carrots Cornbread	1 Chicken Tenders Blackened Chicken Tenders Mac & Cheese Green Beans Bread Roll	2 Meatballs & Spaghetti Roasted Cauliflower Garlic Bread	3 Greek Chicken Cucumber Tomato Feta Salad Hummus & Pita Tzatziki	4 Chicken Nuggets Potato Wedges Roasted Broccoli
WEEK 2	7 Red Beans & Rice Vegetarian Red Beans & Rice Smoked Sausage Buttered Carrots Cornbread	8 Chicken Tenders Blackened Chicken Tenders Mac & Cheese Roasted Broccoli Bread Roll	9 Standardized Testing Coffee Shop Open Only	10 Tortilla Crusted Shrimp Sauteed Shrimp Tacos Street Corn Spanish Rice	11 Open House Holiday
WEEK 3	14 Red Beans & Rice Vegetarian Red Beans & Rice Smoked Sausage Roasted Cauliflower Cornbread	15 Chicken Tenders Blackened Chicken Tenders Mac & Cheese Mixed Vegetables Bread Roll	16 Beef Nachos Buttered Corn Black Beans Queso, Lettuce, Salsa	17 BBQ Chicken Leg Quarters Dirty Rice Brussel Sprouts	18 Fried Fish Blackened Fish Mashed Potatoes Haricot Verts
WEEK 4	21 Red Beans & Rice Vegetarian Red Beans & Rice Smoked Sausage Buttered Carrots Cornbread	22 Chicken Tenders Blackened Chicken Tenders Mac & Cheese Roasted Cauliflower Bread Roll	23 Cheeseburger Veggie Burger French Fries Roasted Broccoli	24 Chicken Piquant White Rice Fried Okra Buttered French Bread	25 Early Dismissal
	28 Red Beans & Rice Vegetarian Red Beans & Rice Smoked Sausage Buttered Carrots Cornbread	29 Chicken Tenders Blackened Chicken Tenders Mac & Cheese Mixed Vegetables Bread Roll	30 Grilled Cheese Tomato Basil Soup Eggplant Sticks	31 Chicken Alfredo Green Beans Garlic Breadstick	1 Fried Shrimp Poboy Sauteed Shrimp Poboy Potato Wedges Lettuce Tomatoes Pickles

*This institution is an equal opportunity provider.

