

# Elim Christian School Lunch Menu- May 3- May 28, 2021

(4/11/21)

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
Fettuccini Alfredo* w/ Chicken and Fresh Broccoli Three Bean Salad Dessert 2% Milk	Baked Beef Burritos/ Salsa/Sour Cream* Mexican Rice Veggie Fruit (C Rich) 2% Milk	Blueberry Pancakes Scrambled Eggs Fruit Syrup/Margarine 2% Milk	Chicken Tenders Mac and Cheese* Veggies Lo Cal Dessert 2% Milk	Mini Cheese Tortellini w/ Tomato Sauce Garlic Brushed Roll Grilled Zucchini Fruit 2% Milk
MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
Sloppy Joes Macaroni Salad Veggie* Fruit (C Rich) 2% Milk	Baked Mostacioli w/ meatsauce Warmed Garlic Brushed Rolls Veggie Fruit (C Rich) 2% Milk	Pylan Estates E.V.O.O. Chicken Breast Limone Spinach Feta Rice Bread/Roll Dessert 2% Milk	Grilled Chicken B.L.T. Sandwich on hamburger bun (tomato, on side) Baked Hand Cut Potato Chips Fruit Lo Cal Dessert 2% Milk	Cheese Quesadillas Refried Beans Veggie Fresh Salsa/Sour Cream* Fruit 2% Milk
MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
Chicken Strips Mashed Sweet Potatoes Veggie Fruit Wheat Roll Margarine/Jelly 2% Milk	Ground Beef Tacos w/ tomatoes, cheese and fresh salsa Mexican Rice Veggie Sour Cream* 2% Milk	Pancakes Turkey Sausage Patties Fruit (A Rich) Syrup/Margarine 2% Milk	Pulled Pork Sliders Au Gratin Potatoes Veggie Dessert Fruit 2% Milk	Thin Crust Cheese Pizza Broccoli Salad Fruit (A Rich) Bread Stick Dessert 2% Milk
MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
Oven Fried Chicken Breast Mashed Potatoes s/o gravy* Veggie (A Rich) Wheat Roll Fruit (C Rich) 2% Milk	Scrambled Eggs Pork Sausage Patties Hash Browns Fruit Wheat Toast/Margarine/Jelly 2% Milk	Mexican Burrito Bowl w/ Rice, black beans, chicken, cheddar cheese, tomato s/o sour cream and fresh salsa Veggie Fruit (C Rich) 2% Milk	Chicken Parmesan Penne Pasta W/ Olive Oil and Fresh Herbs Veggie Lo Cal Dessert 2% Milk	Baked Three Cheese Mac- n-Cheese Veggie Applesauce Dessert 2% Milk

\*Prepared low fat; (A Rich) – Vitamin A Rich Fruit-1/2 cup or Vegetable every other day; Vitamin C Rich every day  
 MVaughn, RD, LDN

**Elim Christian Calorie Controlled School Lunch Menu- May 3- May 28, 2021** (4/11/21)

<b>MONDAY</b> <b>3</b>	<b>TUESDAY</b> <b>4</b>	<b>WEDNESDAY</b> <b>5</b>	<b>THURSDAY</b> <b>6</b>	<b>FRIDAY</b> <b>7</b>
Fettuccini -1 cup Alfredo* w/ 2 oz. Chicken and Fresh Broccoli Bean Salad-1/4 cup Fruit-1/2 cup Skim Milk	Beef Burritos-1/ Salsa/Sour Cr*-1 T. Mexican Rice-1/2 cup Corn-1/3 cup Fruit-1/2 cup (C Rich) Skim Milk	Pancakes-2 Diet Syrup Scrambled Eggs-1/2 cup Fruit (A Rich)-1 /2 c. Skim Milk	Chicken Tenders-2 oz. Mac and Cheese*- 3/4 cup Veggie-1/2 cup Fruit-1/2 cup Skim Milk	Mini Cheese Tortellini w/ Tomato Sauce-1 cup Garlic Brushed Roll Grilled Zucchini ½ cup Fruit-1/2 cup Skim Milk
<b>MONDAY</b> <b>10</b>	<b>TUESDAY</b> <b>11</b>	<b>WEDNESDAY</b> <b>12</b>	<b>THURSDAY</b> <b>13</b>	<b>FRIDAY</b> <b>14</b>
Sloppy Joe-2oz. on Bun Macaroni Salad-1/4 cup Veggie-1/2 cup Fruit-1/2 cup Skim Milk	Mostacioli-1 cup Garlic Bread-1 small Veggie (A Rich) Fruit-1/2 cup Skim Milk	E.V.O.O. Chicken Limone -2 oz. Spinach Feta Rice-1 c. Fruit-1/2 cup Roll-1/Diet Jelly-1 tsp Skim Milk	Grilled Chicken-2 oz on hamburger bun (lettuce, tomato) Baked Hand Cut Potato Chips-1/4 cup Fruit-1/2 cup Skim Milk	Cheese Quesadillas-1 Refried Beans*-1/4 cup Veggie-1/2 cup Fresh Salsa Sour Cream*-1 Tbsp Fruit-1/2 cup Skim Milk
<b>MONDAY</b> <b>17</b>	<b>TUESDAY</b> <b>18</b>	<b>WEDNESDAY</b> <b>19</b>	<b>THURSDAY</b> <b>20</b>	<b>FRIDAY</b> <b>21</b>
Chicken Strips * -3 oz Mashed Sweet Potatoes-1/3 cup Veggie-1/2 cup Fruit -1/2 cup Wheat Roll-1/ Diet Jelly -1 tsp. Skim Milk	Beef-2 oz Tacos-1 small shell w/ lettuce, tomatoes, cheese Salsa Mexican Rice-1/4 c. Veggie-1/2 c. Skim Milk	Pancakes-2 Diet Syrup Turkey Sausage Patties-2 oz Fruit (A Rich)-1 /2 c. Skim Milk	Pork- 2 oz Bun-1 small Mac & Cheese-1/4 cup Veggie-1/2 cup Fruit -1/2 cup Skim Milk	Thin Crust Cheese*Pizza-1 small Broccoli Salad*-1/2 cup Fruit -1/2 cup Bread Stick -1 small Skim Milk
<b>MONDAY</b> <b>24</b>	<b>TUESDAY</b> <b>25</b>	<b>WEDNESDAY</b> <b>26</b>	<b>THURSDAY</b> <b>27</b>	<b>FRIDAY</b> <b>28</b>
Chicken Breast-2 oz. Mash Potato-1/2 c. Veggie-1/2 c. Wheat Roll-1 Diet Jelly-1 tsp Fruit-1/2 cup Skim Milk	Scrambled Egg-1 Pork Sausage -1 oz. Hash Browns*-1/4 c. Fruit -1/2 cup Wheat Toast-2/ Diet Jelly-2 tsp Skim Milk	Mexican Burritos-1/ Salsa/Sour Cr*-1 T. Rice-1/4 cup Black Beans-1/4 c. Lett/Tomato-1 c. Fruit-1/2 cup Veggie (A Rich) Skim Milk	Chicken Parmesan -2 oz. Penne Pasta-1 cup Veggie-1/2 c.(A Rich) Fruit-1/2 c. Skim Milk	3 Cheese Mac-n-Cheese*- 1 ½ cup Veggie* (A Rich)-1/2 cup Fruit-1/2 cup Skim Milk

\*Prepared low fat; (A Rich) – Vitamin A Rich Fruit-1/2 cup or Vegetable every other day; Vitamin C Rich every day  
*MVaughn, RD, LDN*