**Elim Christian School Lunch Menu-July 5-July 30, 2021 (6/4/21)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY 5** | **TUESDAY 6** | **WEDNESDAY 7** | **THURSDAY 8** | **FRIDAY 9** |
| **No School**  **HAPPY 4th!** | **Baked Mostaccioli w/ meat sauce Warmed Garlic Brushed Rolls Veggie Fruit (C Rich) 2% Milk** | **Pylian 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 12** | **TUESDAY 13** | **WEDNESDAY 14** | **THURSDAY 15** | **FRIDAY 16** |
| **Chicken Salad Sandwiches on Croissant**  **Cream of Broccoli Soup w/ crackers**  **Fruit**  **Veggie**  **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 19** | **TUESDAY 20** | **WEDNESDAY 21** | **THURSDAY 22** | **FRIDAY 23** |
| **Mexican Burrito Bowl w/ Rice, black beans, chicken, cheddar cheese, tomato**  **s/o sour cream and fresh salsa**  **Veggie**  **Fruit (C Rich)**  **2% Milk** | **Scrambled Eggs**  **Pork Sausage Patties**  **Hash Browns**  **Wheat Toast**  **Margarine/Jelly**  **Fruit**  **2% Milk** | **Chicken Strips Mashed Sweet Potatoes Veggie Wheat Roll Fruit 2% Milk** | **Chicken Parmesan**  **Penne Pasta W/ Olive Oil and Fresh**  **Herbs**  **Veggie**  **Fruit**  **Lo Cal Dessert**  **2% Milk** | **Baked Three Cheese Mac-n-Cheese**  **Veggie**  **Applesauce**  **Dessert**  **2% Milk** |
| **MONDAY 26** | **TUESDAY 27** | **WEDNESDAY 28** | **THURSDAY 29** | **FRIDAY 30** |
| **Grilled Chicken Breast w/ BBQ Sauce**  **Cold Pasta Salad w/ veggies**  **Fresh Sweet Corn**  **Wheat Roll**  **Fruit (C Rich)**  **2% Milk** | **Thick Cut Challah Bread French Toast**  **Margarine/Syrup**  **Turkey Sausage Patties**  **Hash Brown Potatoes**  **Fruit (C Rich)**  **2% Milk** | **Hand Packed Ground Italian Sausage Sandwiches baked w/ mozzarella and tomato sauce**  **Farmstand Tomato, Cucumber, and Fresh Basil Salad w/ house dressing**  **Fruit (C Rich)**  **Lo Cal Dessert**  **2% Milk** | **Black Angus burger/Bun**  **Lettuce/**  **Tomato/ Cheese**  **Tater Tots**  **Cupcakes**  **2% Milk** | **Whole Wheat Thin Crust Cheese Pizza**  **Fresh Broccoli Parmesan**  **Fruit**  **Brownie**  **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 Calorie Controlled School Lunch Menu-July 5-July 30, 2021 (6/4/21)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MONDAY 5** | **TUESDAY 6** | **WEDNESDAY 7** | **THURSDAY 8** | **FRIDAY 9** |
| **No School**  **HAPPY 4th!** | **Mostaccioli-1 cup**  **Garlic Bread-1 small**  **Veggie (A Rich)**  **Fruit-1/2 cup**  **Skim Milk** | **Pylian Estates E.V.O.O. Chicken Limone -2 oz.**  **Spinach Feta Rice-1 c.**  **Fruit-1/2 cup**  **Bread/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\*-1/4c. Veggie-1/2 cup**  **Fresh Salsa**  **Sour Cream\*-1 Tbsp**  **Fruit-1/2 cup**  **Skim Milk** |
| **MONDAY 12** | **TUESDAY 13** | **WEDNESDAY 14** | **THURSDAY 15** | **FRIDAY 16** |
| **Chicken Salad-1/2 cup Sandwiches on Wheat-2 slices**  **Cream of Broccoli Soup-1/2 cup**  **Veggie (A Rich)-1/2 c.**  **Fruit-1/2 cup**  **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-1 T.**  **Turkey Sausage Patties-2 oz**  **Fruit (A Rich)-1 /2 c.**  **Hash Browns\*-1/4 c.**  **Skim Milk** | **Pork- 2 oz**  **Bun-1 small**  **AuGratin Potatoes-1/4 cup**  **Veggie-1/2 cup**  **Fruit -1/2 cup**  **Skim Milk** | **Thin Crust Cheese\*Pizza-1 medium slice**  **Broccoli Salad\*-1/2 cup**  **Fruit -1/2 cup**  **Skim Milk** |
| **MONDAY 19** | **TUESDAY 20** | **WEDNESDAY 21** | **THURSDAY 22** | **FRIDAY 23** |
| **Mexican Burritos-1/ Salsa/Sour Cr\*-1 T.**  **Rice-1/4 cup**  **Black Beans-1/4 cup**  **Lettuce/Tomato-1 c.**  **Fruit-1/2 cup (C Rich)**  **Veggie (A Rich)**  **Skim Milk** | **Scrambled Egg-1 Sausage Patty-1 oz.**  **Hash Browns\*-1/4 cup**  **Fruit -1/2 cup**  **Wheat Toast-2/**  **Diet Jelly-2 tsp**  **Skim Milk** | **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** | **Chicken Parm -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** |
| **MONDAY 26** | **TUESDAY 27** | **WEDNESDAY 28** | **THURSDAY 29** | **FRIDAY 30** |
| **BBQ Chicken -2 oz**  **Pasta Salad W/ Veggies-1/2 cup**  **Corn-1/3 cup**  **Fruit-1/2 cup**  **Skim Milk** | **Thick Cut Challah Bread French Toast-1**  **Lite Syrup-1 T.**  **Turkey Sausage-2 oz.**  **Hash Brown Potatoes-1/4 cup**  **Fruit -1/2 cup**  **Skim Milk** | **Italian Sausage-1 1/2 oz on 1 Roll baked w/ mozzarella-1/2 oz and tomato sauce**  **Salad w/ dressing-1 T**  **Fruit (C Rich)-1/2 cup**  **Skim Milk** | **Black Angus burger-2 oz/ Bun (small)**  **Lettuce/ Tomato/**  **Tater Tots\*-1/ 2 cup**  **Fruit-1/2 cup**  **Skim Milk** | **Whole Wheat Thin Crust Cheese Pizza-1 med.**  **Broccoli\*-1/2 cup**  **Fruit-1/2 cup**  **Bread Stick-1 small**  **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*