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

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| **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)**

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| **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*