

Elim Christian School Lunch Menu- November 22-December 17, 2021 (10/25/21)

MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Pancakes w/ Fresh Strawberries Turkey Bacon Breakfast Red Potatoes Syrup/Margarine 2% Milk	Roast Turkey Mashed Potatoes W/ Gravy Stuffing Corn Cranberry Sauce Dessert 2% Milk	NO SCHOOL	HAPPY THANKSGIVING!!!!!!!!!!!!!! !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!	NO SCHOOL
MONDAY 29	TUESDAY 30	WEDNESDAY Dec. 1	THURSDAY 2	FRIDAY 3
Sandwich on eggwash roll w/ turkey, ham, cheese, tomato s/o mayo/mustard Veggies Cream of Chicken Soup*w/ crackers Dessert 2% Milk	Cavatappi w/ Meatballs Warmed Garlic Brushed Rolls Veggie Fruit 2% Milk	Meatloaf w/ gravy Buttered Noodles Veggie Dessert Fruit 2% Milk	Battered Fish and Chips (Baked Fries) Tarter Sauce Cole Slaw Fruit 2% Milk	Spinach and Three Cheese Lasagna Fresh Baked Breadstick Fruit (A Rich) Dessert 2% Milk
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
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 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
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	MERRY CHRISTMAS!!! Ham off the Bone Au Gratin Potatoes Green Bean Casserole Garden Salad Christmas Cookies 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, RDN

Elim Christian School Lunch Calorie Controlled Menu- November 22-December 17, 2021 (10/25/21)

MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Pancake-1 w/ Fresh Strawberries-1/2 cup Turkey Bacon-4 slices Breakfast Red Potatoes-1/2 cup Diet Syrup-1 T. Skim Milk	Turkey-2 oz Mashed Potatoes-1/2 cup w/ Gravy-1 T Veggie-1/2 cup Corn-1/3 cup Cranberry Sauce-2 T/ Fruit-1/2 cup Skim Milk	NO SCHOOL	HAPPY THANKSGIVING!!!!!!!!!!!!!! !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!	NO SCHOOL
MONDAY 29	TUESDAY 30	WEDNESDAY Dec. 1	THURSDAY 2	FRIDAY 3
Sandwich w/ 2 oz.- turkey, ham, cheese*, lettuce, tomato/mustard Carrots-1/2 cup Cream of Chicken Soup*-1/2 cup Skim Milk	Cavatappi-1/2 cup w/Meatball-2oz. Garlic Roll-1 small Veggie-1/2 cup Fruit-1/2 cup Skim Milk	Meatloaf- 2 oz Egg Noodles w/ butter and parsley-1 cup Roll/Diet Jelly Veggie-1/2 cup Fruit -1/2 cup Skim Milk	Baked Battered Fish-3 oz Baked Fries-1/2 cup Cole Slaw*- (A Rich)-1/3 cup Fruit-1/2 cup Skim Milk	Lasagna-3"X3" Garden Salad-dressing * Bread Stick-1 small Fruit-1/2 cup Skim Milk
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
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 Cream*-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
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
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	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	Ham-2 oz. AuGratin Potatoes-1/2 cup Green Bean Casserole- 1/2 cup Garden Salad-dressing* Dessert-1/2 serving Skim Milk

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