

**Elim Christian School Lunch Menu- April 4 – April 29, 2022** (1/12/22)

<b>MONDAY 4</b>	<b>TUESDAY 5</b>	<b>WEDNESDAY 6</b>	<b>THURSDAY 7</b>	<b>FRIDAY 8</b>
Chicken Parmesan Penne Pasta W/ Olive Oil and Fresh Herbs Veggie Fruit Lo Cal Dessert 2% Milk	Pancakes Turkey Sausage Patties Fruit (A Rich) Syrup/Margarine 2% Milk	Ground Beef Tacos w/ tomatoes, cheese and fresh salsa Mexican Rice Veggie Sour Cream* Fruit 2% Milk	Hot Ham and Cheese Croissant Cream of Chicken with Rice Soup w/ crackers Veggie Dessert 2% Milk	Thin Crust Cheese Pizza Broccoli Salad Fruit (A Rich) Dessert 2% Milk
<b>MONDAY 11</b>	<b>TUESDAY 12</b>	<b>WEDNESDAY 13</b>	<b>THURSDAY 14</b>	<b>FRIDAY 15</b>
Mexican Burrito Bowl w/ Rice, black beans, chicken, cheddar cheese, tomato s/o sour cream and fresh salsa Veggie Fruit (C Rich) 2% Milk	Pulled Pork Sliders Mac and Cheese Veggie Dessert Fruit 2% Milk	Chicken Strips Mashed Sweet Potatoes Veggie Fruit Wheat Roll/Jelly 2% Milk	Easter Ham off the Bone Dinner Au Gratin Potatoes Green Bean Casserole Strawberry Jello Mold Easter Eggs 2% Milk	NO SCHOOL
<b>MONDAY 18</b>	<b>TUESDAY 19</b>	<b>WEDNESDAY 20</b>	<b>THURSDAY 21</b>	<b>FRIDAY 22</b>
Oven Fried Chicken Breast Mashed Potatoes s/o gravy* Veggie (A Rich) Fruit (C Rich) Wheat Roll/Jelly 2% Milk	Thick Cut Challah Bread French Toast Margarine/Syrup Turkey Sausage Patties Fruit (C Rich) 2% Milk	Chicken Chili w/ Veggies Rice Fruit (C Rich) Lo Cal Dessert 2% Milk	Black Angus burger/Bun Tomato/ Cheese Tater Tots Fruit Cupcakes 2% Milk	Whole Wheat Thin Crust Cheese Pizza Fresh Broccoli Parmesan Fruit Brownie 2% Milk
<b>MONDAY 25</b>	<b>TUESDAY 26</b>	<b>WEDNESDAY 27</b>	<b>THURSDAY 28</b>	<b>FRIDAY 29</b>
Greek Chicken Pita Wrap w/ Tomato, feta cheese, and olive oil Tzadziki Sauce Greek Potato Wedges Fruit 2% Milk	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	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

\*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 School Lunch Calorie Controlled Menu- April 4 – 29, 2022** (1/12/22)

<b>MONDAY 4</b>	<b>TUESDAY 5</b>	<b>WEDNESDAY 6</b>	<b>THURSDAY 7</b>	<b>FRIDAY 8</b>
Chicken Parmesan -2 oz. Penne Pasta-1 cup Veggie-1/2 c.(A Rich) Fruit-1/2 c. Skim Milk	Pancakes-2 Diet Syrup Turkey Sausage Patties-2 oz Fruit (A Rich)-1 /2 c. 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	Sandwich w/- ham-1 oz., cheese*-1 oz., lettuce, tomato/mustard Carrots-1/2 cup Cream of Chicken Soup*-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 11</b>	<b>TUESDAY 12</b>	<b>WEDNESDAY 13</b>	<b>THURSDAY 14</b>	<b>FRIDAY 15</b>
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	Pork- 2 oz Bun-1 small Mac & Cheese-1/4 cup Veggie-1/2 cup Fruit -1/2 cup 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	Ham-2 oz. AuGratin Potatoes-1/2 cup Green Bean Casserole-1/2 cup Jello-1/2 serving Skim Milk Easter Egg-1	<b>NO SCHOOL</b>
<b>MONDAY 18</b>	<b>TUESDAY 19</b>	<b>WEDNESDAY 20</b>	<b>THURSDAY 21</b>	<b>FRIDAY 22</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	Thick Cut Challah Bread French Toast-1 Lite Syrup-1 T. Turkey Sausage-2 oz. Fruit -1/2 cup Skim Milk	Chili -1 ½ cup Corn-1/4 cup Rice-1/2 cup Fruit -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
<b>MONDAY 25</b>	<b>TUESDAY 26</b>	<b>WEDNESDAY 27</b>	<b>THURSDAY 28</b>	<b>FRIDAY 29</b>
Meat -1 1/2 oz , Feta-1/2 oz, Pita-1 w/ tomato, cucumber, sauce Potato Wedges-1/2 c. Fruit-1/2 cup Skim Milk	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	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

\*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*