

Elim Christian School Lunch Menu-May 30-July 1, 2022 (4/11/22)

MONDAY 30	TUESDAY 31	WEDNESDAY June 1	THURSDAY 2	FRIDAY 3
No School Memorial Day	Thick Cut Challah Bread French Toast Turkey Sausage Patties Hash Browns 2% Milk	Chicken Chili w/ Veggies Rice Fruit (C Rich) Wheat Roll 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
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
Chicken Parmesan Penne Pasta W/ Olive Oil and Fresh Herbs Veggie Lo Cal Dessert 2% Milk	Cheese Quesadillas Refried Beans Veggie Fresh Salsa/Sour Cream* Fruit 2% Milk	No School	No School	No School
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
No School	No School	No School	No School	No School
MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
No School	Baked Beef Burritos/ Salsa/Sour Cream* Mexican Rice Corn Fruit (C Rich) 2% Milk	Blueberry Pancakes Scrambled Eggs Fruit Syrup/Margarine 2% Milk	Chicken Tenders Mac and Cheese* Veggies Fruit Lo Cal Dessert 2% Milk	Mini Cheese Tortellini w/ Tomato Sauce Garlic Brushed Roll Grilled Zucchini Fruit 2% Milk
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY July 1
Cinnamon Roll French Toast Ham off the Bone Fresh Sliced Strawberries 2% Milk	Greek Chicken Pita Wrap w/ Tomato, feta cheese, and olive oil Tzadziki Sauce Greek Potato Wedges Fruit 2% Milk	Fettuccini Alfredo* w/ Chicken and Fresh Broccoli Three Bean Salad Dessert 2% Milk	Fresh packed burgers/Bun Lettuce/ Tomato/ Cheese Baked French Fries Red, White, and Blue Dessert 2% Milk	No School Happy 4 th !

*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