

Elim Christian School Lunch Menu-July 4-July 29, 2022 (4/12/22)

MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
No School HAPPY 4 th !	No School	Baked Mostaccioli w/ meat sauce Warmed Garlic Brushed Rolls Veggie Fruit (C Rich) 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	Pylian Estates E.V.O.O. Chicken Breast Limone Spinach Feta Rice Bread/Roll Dessert 2% Milk
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
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 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
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 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
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

M. Vaughn, RD, LDM