

## Elim Christian School Lunch Menu- September 26-October 21, 2022 (7/30/22)

| MONDAY 26  | TUESDAY 27   | WEDNESDAY 28  | THURSDAY 29   | FRIDAY 30  |
|--|--|---|---|--|
| Mexican Burrito Bowl w/ Rice, black beans, chicken, cheddar cheese, tomato s/o sour cream and fresh salsa<br>Veggie<br>Fruit (C Rich)<br>2% Milk | Scrambled Eggs<br>Pork Sausage Patties<br>Hash Browns<br>Wheat Toast/Jelly<br>Fruit<br>2% Milk   | Chicken Strips<br>Mashed Sweet Potatoes<br>Veggie<br>Wheat Roll/Jelly<br>Fruit<br>2% Milk | Chicken Parmesan Penne Pasta W/ Olive Oil and Fresh Herbs<br>Veggie<br><br>Fruit<br>Lo Cal Dessert<br>2% Milk | Baked Three Cheese Mac-n-Cheese<br>Veggie<br>Applesauce<br>Dessert<br>2% Milk                      |
| MONDAY Oct 3   | TUESDAY 4  | WEDNESDAY 5   | THURSDAY 6  | FRIDAY 7   |
| Oven Fried Chicken Breast<br>Mashed Potatoes s/o gravy*<br>Veggie (A Rich)<br>Wheat Roll/Jelly<br>Fruit (C Rich)<br>2% Milk                      | Thick Cut Challah Bread French Toast<br>Turkey Sausage Patties<br>Fruit (C Rich)<br>2% Milk  | Chicken Chili w/ Veggies<br>Rice<br>Fruit (C Rich)<br>Lo Cal Dessert<br>2% Milk           | Black Angus burger/Bun<br>Tomato/ Cheese<br>Tater Tots<br>Fruit<br>Cupcakes<br>2% Milk                        | Spinach and Three Cheese Lasagna<br>Fresh Baked Breadstick<br>Fruit (A Rich)<br>Dessert<br>2% Milk |
| MONDAY 10  | TUESDAY 11   | WEDNESDAY 12  | THURSDAY 13   | FRIDAY 14  |
| Greek Chicken Pita Wrap w/ Tomato, feta cheese, and olive oil<br>Tzadziki Sauce<br>Greek Potato Wedges<br>Fruit<br>2% Milk                       | Sandwich on eggwash roll w/ turkey, ham, cheese, tomato s/o mayo/mustard<br>Veggies<br>Cream of Chicken Soup*w/ crackers<br>Dessert<br>2% Milk | Cavatappi w/ Meatballs<br>Warmed Garlic Brushed Rolls<br>Veggie<br>Fruit<br>2% Milk       | Battered Fish and Chips (Baked Fries)<br>Tarter Sauce<br>Cole Slaw<br>Fruit<br>2% Milk                        | NO SCHOOL  |
| MONDAY 17  | TUESDAY 18   | WEDNESDAY 19  | THURSDAY 20   | FRIDAY 21  |
| Fettuccini Alfredo* w/ Chicken and Fresh Broccoli<br>Three Bean Salad<br>Dessert<br>2% Milk  | Baked Beef Burritos/ Salsa/Sour Cream*<br>Mexican Rice<br>Veggie<br>Fruit (C Rich)<br>2% Milk  | Blueberry Pancakes<br>Scrambled Eggs<br>Fruit<br>Syrup/Margarine<br>2% Milk               | Chicken Tenders<br>Mac and Cheese*<br>Veggies<br>Fruit<br>Lo Cal Dessert<br>2% Milk                           | Whole Wheat Thin Crust Cheese Pizza<br>Fresh Broccoli Parmesan<br>Fruit<br>Brownie<br>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, LDM*

**Elim Christian Calorie Controlled School Lunch Menu- September 26-October 21, 2022 (7/30/22)**

| MONDAY 26   | TUESDAY 27   | WEDNESDAY 28   | THURSDAY 29   | FRIDAY 30  |
|---|--|--|---|--|
| Mexican Burritos-1/<br>Salsa/Sour Cr*-1 T.<br>Rice-1/4 cup<br>Black Beans-1/4 c.<br>Lett/Tomato-1 c.<br>Fruit-1/2 cup<br>Veggie (A Rich)<br>Skim Milk | Scrambled Egg-1<br>Pork Sausage -1 oz.<br>H(ash Browns*-1/4 c.<br>Fruit -1/2 cup<br>Wheat Toast-2/<br>Diet Jelly-2 tsp<br>Skim Milk            | Chicken Strips * -3<br>oz<br>Mashed Sweet<br>Potatoes-1/3 cup<br>Veggie-1/2 cup<br>Fruit -1/2 cup<br>Wheat Roll-1/<br>Diet Jelly -1 tsp .<br>Skim Milk | Chicken Parmesan -2 oz.<br>Penne Pasta-1 cup<br>Veggie-1/2 c.(A Rich)<br>Fruit-1/2 c.<br>Skim Milk                | 3 Cheese Mac-n-<br>Cheese*-1 ½ cup<br>Veggie* (A Rich)-1/2<br>cup<br>Fruit-1/2 cup<br>Skim Milk                            |
| MONDAY Oct 3  | TUESDAY 4  | WEDNESDAY 5  | THURSDAY 6  | FRIDAY 7   |
| Chicken Breast-2 oz.<br>Mash Potato-1/2 c.<br>Veggie-1/2 c.<br>Wheat Roll-1<br>Diet Jelly-1 tsp<br>Fruit-1/2 cup<br>Skim Milk                         | Thick Cut Challah<br>Bread French Toast-1<br>Lite Syrup-1 T.<br>Turkey Sausage-2 oz.<br>Fruit -1/2 cup<br>Skim Milk                            | Chili -1 ½ cup<br>Veggie-1/2 cup<br>Rice-1/2 cup<br>Fruit -1/2 cup<br>Skim Milk  | Black Angus burger-2 oz/<br>Bun (small)<br>Lettuce/ Tomato/<br>Tater Tots*-1/ 2 cup<br>Fruit-1/2 cup<br>Skim Milk | Lasagna-3"X3"<br>Garden Salad-dressing *<br>Bread Stick-1 small<br>Fruit-1/2 cup<br>Skim Milk                              |
| MONDAY 10   | TUESDAY 11   | WEDNESDAY 12   | THURSDAY 13   | FRIDAY 14  |
| Meat -1 1/2 oz ,<br>Feta-1/2 oz, Pita-1<br>w/ tomato,<br>cucumber, sauce<br>Potato Wedges-1/2<br>c.<br>Fruit-1/2 cup<br>Skim Milk                     | Sandwich w/ 2 oz.-<br>turkey, ham,<br>cheese*, lettuce,<br>tomato/mustard<br>Carrots-1/2 cup<br>Cream of Chicken<br>Soup*-1/2 cup<br>Skim Milk | Cavatappi-1/2 cup<br>w/Meatball-2oz.<br>Garlic Roll-1 small<br>Veggie-1/2 cup<br>Fruit-1/2 cup<br>Skim Milk  | Baked Battered Fish-3 oz<br>Baked Fries-1/2 cup<br>Cole Slaw*- (A Rich)-1/3<br>cup<br>Fruit-1/2 cup<br>Skim Milk  | NO SCHOOL  |
| MONDAY 17   | TUESDAY 18   | WEDNESDAY 19   | THURSDAY 20   | FRIDAY 21  |
| Fettuccini -1 cup<br>Alfredo* w/ 2 oz.<br>Chicken and Fresh<br>Broccoli<br>Bean Salad-1/4 cup<br>Fruit-1/2 cup<br>Skim Milk                           | Beef Burritos-1/<br>Salsa/Sour Cream*-1<br>T.<br>Mexican Rice-1/2<br>cup<br>Corn-1/3 cup<br>Fruit-1/2 cup (C Rich)<br>Skim Milk                | Pancakes-2<br>Diet Syrup<br>Scrambled Eggs-1/2<br>cup<br>Fruit (A Rich)-1 /2 c.<br>Skim Milk   | Chicken Tenders-2 oz.<br>Mac and Cheese*-3/4<br>cup<br>Veggie-1/2 cup<br>Fruit-1/2 cup<br>Skim Milk               | Whole Wheat Thin<br>Crust Cheese Pizza-1<br>med.<br>Broccoli*-1/2 cup<br>Fruit-1/2 cup<br>Bread Stick-1 small<br>Skim Milk |

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*McVaughn, RD, LDN*