

Elim Christian School Lunch Menu-- January 1- January 26, 2024 (12/5/23)

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
No School	No School	No School	No School	No School
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Mexican Burrito Bowl w/ Rice, black beans, chicken, cheddar cheese, tomato s/o sour cream and fresh salsa Veggie Fruit (C Rich) 2% Milk	Orange Chicken Stir Fried Veggies Rice Dessert 2% Milk	Chicken Strips Mashed Sweet Potatoes Veggie Fruit 2% Milk	Chicken Parmesan Penne Pasta W/ Olive Oil and Fresh Herbs Veggie Lo Cal Dessert 2% Milk	Baked Three Cheese Mac-n-Cheese Veggie Applesauce Dessert 2% Milk
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
No School	Thick Cut Challah Bread French Toast Turkey Sausage Patties Fruit (C Rich) 2% Milk	Beef Chili Mac with Elbow Macaroni and Cheddar Cheese Veggies Tortilla Chips* Fruit (C Rich) 2% Milk	Black Angus burger/Bun Tomato/ Cheese Tater Tots Cupcakes 2% Milk	Whole Wheat Thin Crust Cheese Pizza Fresh Broccoli Parmesan Fruit Brownie 2% Milk
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Greek Chicken Pita Wrap w/ Tomato, feta cheese, and olive oil Tzadziki Sauce Greek Potato Wedges Fruit 2% Milk	Meatball Sub with Marinara Sauce on Warmed Roll w/ Mozzarella Cheese Veggie Dessert 2% Milk	Colonel's Crispy Chicken* Bowl w/ Mashed Potatoes, gravy, and Cheddar Cheese Veggie Fruit 2% Milk	Battered Fish and Chips (Baked Fries) Tarter Sauce Cole Slaw Fruit 2% Milk	Meat 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 Calorie Controlled Lunch Menu-

January 1- January 26, 2024 (12/5/23)

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
No School	No School	No School	No School	No School
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
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	Orange Chicken 1 cup Stir Fried Veggies—1/2 cup Rice—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	Chicken Parmesan -2 oz. Penne Pasta-1 cup Veggie-1/2 c.(A Rich) Fruit-1/2 c. Skim Milk	3 Cheese Mac-n-Cheese*- 1 ½ cup Veggie* (A Rich)-1/2 cup Fruit-1/2 cup Skim Milk
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
No School	Thick Cut Challah Bread French Toast-1 Lite Syrup-1 T. Turkey Sausage-2 oz. Fruit -1/2 cup Skim Milk	Chili Mac-2 cup Cheese-1 Tbsp. Veggie-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
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
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	Meatball -1 1/2 oz on Sub with Marinara Sauce on 1 Roll w/ Mozzarella Cheese - 1/2 oz Veggie-1/2 cup Fruit-1/2 cup Skim Milk	Crispy Chicken*-3 oz. Bowl w/ Mashed Potatoes-1/2 c., gravy- 1 T. Veggie-1/2 cup Fruit-1/2 cup Wheat Roll-1 Diet Jelly-1 tsp. 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	Meat 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  
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