

Elim Christian School Lunch Menu- April 1 – April 26, 2024 (3/5/24)

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
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	Beef Enchiladas Suizas (Baked with Cheese) Mexican Rice Veggie Sour Cream* Fruit 2% Milk	Easter Ham off the Bone Dinner Au Gratin Potatoes Green Bean Casserole Strawberry Jello Mold Easter Eggs 2% Milk	Italian Beef Sandwiches Vesuvio Potatoes Roasted Peppers Dessert 2% Milk
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	Pulled Pork Sliders Mac and Cheese Veggie Dessert Fruit 2% Milk	Chicken Strips Mashed Sweet Potatoes Veggie Fruit Wheat Roll/Jelly 2% Milk	General Tso's Chicken Stir Fried Veggies Rice Dessert 2% Milk	Thin Crust Cheese Pizza Broccoli Salad Fruit (A Rich) Dessert 2% Milk
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
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
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	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	Baked Ziti w/ Mozzarella and Marinara Sauce Veggie 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 1 – 26, 2024 (3/5/24)

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
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 Enchilada-1 Mexican Rice-1/2 c. Veggie-1/2 c. Fruit-1/2 c. 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	Italian Beef -2 oz. Sandwiches—2 Bread Vesuvio Potatoes—1/4 c. Roasted Peppers—1/2 c. Skim Milk
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	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	General Tso's Chicken—1 cup Stir Fried Veggies—1/2 cup Rice—1/2 cup Fruit-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
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
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
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	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	Baked Ziti w/ Mozzarella and Marinara Sauce-1 cup Veggie-1/2 cup 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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