

Elim Christian School Lunch Menu- September 28 – October 23, 2026 (8/27/26)

MONDAY Sept 28	TUESDAY 29	WEDNESDAY 30	THURSDAY Oct 1	FRIDAY 2
Oven Fried Chicken Breast Mashed Potatoes s/o gravy* Veggie (A Rich) Wheat Roll/Jelly Fruit (C Rich) 2% Milk	Thick Cut Challah Bread French Toast 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	Baked Ziti Fresh Baked Breadstick Fruit (A Rich) Dessert 2% Milk
MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
Battered Fish and Chips (Baked Fries) Tarter Sauce Cole Slaw 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	Chicken Tinga Tacos Tomatoes, Cheese, Sour Cream, Fresh Salsa Roasted Mexican Potatoes Fruit Churros 2% Milk	Cavatappi w/ Meatballs Warmed Garlic Brushed Rolls Veggie Fruit 2% Milk	Greek Chicken Pita Wrap w/ Tomato, feta cheese, and olive oil Tzadziki Sauce Greek Potato Wedges Fruit 2% Milk
MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
Fettuccini Alfredo* w/ Chicken and Fresh Broccoli Three Bean Salad Dessert 2% Milk	Baked Beef Burritos/ Salsa/Sour Cream* Mexican Rice Veggie Fruit (C Rich) 2% Milk	Chicken Tenders Mac and Cheese* Veggies Fruit Lo Cal Dessert 2% Milk	Whole Wheat Thin Crust Cheese Pizza Fresh Broccoli Parmesan Fruit Brownie 2% Milk	Chicken Poke Bowls w/ Mango Sauce, Rice, and Veggies Fruit Dessert 2% Milk
MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
Sloppy Joes Cream of Broccoli Soup w/ crackers Veggie* Fruit (C Rich) 2% Milk	Baked Mostacioli w/ meatsauce 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	Cheese Quesadillas Refried Beans Veggie Fresh Salsa/Sour Cream* Fruit 2% Milk	Pylan Estates E.V.O.O. Chicken Breast Limone Spinach Feta Rice Bread/Roll 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

McVaugh, RD, LDM