

April

Community Christian School April 2019 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>1 General Tso's Chicken with Seasoned Brown Rice and Chicken Egg Roll (9-12)</p> <p>Steamed California Blend Vegetables</p> <p>Fresh Cucumber Slices with Ranch Dip</p> <p>Chilled Fresh Apple Wedges</p> <p>Chilled Diced Peaches (9-12)</p> <p>Skim Milk or Chocolate Skim Milk</p>	<p>2 Homemade Tator Tot Casserole with Mini Sub Roll</p> <p>Crinkle Cut Carrots</p> <p>Petite Banana</p> <p>Chilled Applesauce (9-12)</p> <p>Skim Milk or Chocolate Skim Milk</p>	<p>3 BBQ Pork on Homemade Sub Roll</p> <p>Baked Beans</p> <p>Creamy Coleslaw</p> <p>Chilled Pineapple Tidbits</p> <p>Chilled Sliced Peaches (9-12)</p> <p>Skim Milk or Chocolate Skim Milk</p>	<p>4 Homemade Lasagna with Garlic Toast</p> <p>Spinach Salad</p> <p>Baby Whole Carrots and Celery Sticks with Ranch Dip</p> <p>Red Grape Cluster</p> <p>Chilled Peaches (9-12)</p> <p>Skim Milk or Chocolate Skim Milk</p>	<p>5 Toasted Cheese Sandwich with Tomato Soup and Saltine Crackers</p> <p>Fresh California Blend Vegetables with Ranch Dip</p> <p>Chilled Mixed Fruit</p> <p>Fresh Fruit Selection (9-12)</p> <p>Skim Milk or Chocolate Skim Milk</p>	<p>Cal 760</p> <p>T.Fat 23.24 G (27.5%)</p> <p>S.Fat 6.2 G (7.4%)</p> <p>Chol 73.5 Mg</p> <p>Sodm 1058.06 Mg</p> <p>Carb 104.70 G (55.1%)</p> <p>Fiber 10.3 G</p> <p>Prtm 36.83 G (19.4%)</p> <p>Iron 6.35 Mg</p> <p>Calc 695.67 Mg</p> <p>Vit A 42.45 RE</p> <p>Vit C 34.82 Mg</p>
<p>8 Chicken Alfredo with Whole Grain Rotini Pasta and Garlic Toast</p> <p>Steamed Broccoli</p> <p>Baby Whole Carrots</p> <p>Chilled Diced Peaches</p> <p>Chilled Fresh Apple Wedges (9-12)</p> <p>Skim Milk or Chocolate Skim Milk</p>	<p>9 Brunch for Lunch:</p> <p>Whole Grain French Toast Sticks with Maple Syrup and Colby Cheese Omelet</p> <p>Tator Tots</p> <p>Creamy Coleslaw</p> <p>Petite Banana</p> <p>Chilled Sliced Peaches (9-12)</p> <p>Skim Milk or Chocolate Skim Milk</p>	<p>10 Big Daddy's Cheese Pizza</p> <p>Crisp Caesar Salad with Dressing</p> <p>Baby Whole Carrots</p> <p>Chilled Diced Peaches</p> <p>Chilled Applesauce (9-12)</p> <p>Skim Milk or Chocolate Skim Milk</p>	<p>11 Popcorn Chicken with Sweet and Sour Sauce and Seasoned Brown Rice</p> <p>Steamed Mixed Vegetables</p> <p>Fresh California Blend Vegetables with Ranch Dip</p> <p>Chilled Strawberry Slices</p> <p>Chilled Sliced Peaches (9-12)</p> <p>Skim Milk or Chocolate Skim Milk</p>	<p>12 Cheese Quesadilla Pizza with Shredded Romaine Lettuce, Salsa, and Light Sour Cream</p> <p>Refried Beans</p> <p>Chilled Mixed Fruit</p> <p>Fresh Fruit Selection (9-12)</p> <p>Skim Milk or Chocolate Skim Milk</p>	<p>Cal 758</p> <p>T.Fat 19.24 G (22.8%)</p> <p>S.Fat 4.4 G (5.3%)</p> <p>Chol 65.7 Mg</p> <p>Sodm 992.62 Mg</p> <p>Carb 116.59 G (61.5%)</p> <p>Fiber 10.9 G</p> <p>Prtm 32.13 G (17.0%)</p> <p>Iron 3.76 Mg</p> <p>Calc 507.46 Mg</p> <p>Vit A 49.17 RE</p> <p>Vit C 47.93 Mg</p>
<p>15 Kick'n Chicken:</p> <p>Popcorn Chicken with Mashed Potatoes,</p> <p>Golden Whole Kernel Corn,</p> <p>Chicken Gravy, and Buttermilk Biscuit</p> <p>Chilled Sliced Peaches</p> <p>Fresh Whole Apple (9-12)</p> <p>Skim Milk or Chocolate Skim Milk</p>	<p>16 Taco or Fajita Bar:</p> <p>Chicken Fajita Meat or Seasoned Beef Taco Meat with Shredded Cheese, Soft Shell, and Spanish Rice</p> <p>Shredded Romaine Lettuce</p> <p>Steamed Black Beans</p> <p>Petite Banana</p> <p>Chilled Pear Slices (9-12)</p> <p>Skim Milk or Chocolate Skim Milk</p>	<p>17 Chicken Nuggets with Sauce Selections and Seasoned Brown Rice</p> <p>Seasoned Green Beans</p> <p>Fresh California Blend Vegetables with Ranch Dip</p> <p>Chilled Peaches</p> <p>Warm Cinnamon Apple Slices (9-12)</p> <p>Skim Milk or Chocolate Skim Milk</p>	<p>18 Italian Meat Sauce with Whole Grain Penne Pasta and Garlic Toast</p> <p>Crisp Caesar Salad with Dressing</p> <p>Fresh Cucumber Slices with Ranch Dip</p> <p>Chilled Mixed Fruit</p> <p>Chilled Strawberry Slices (9-12)</p> <p>Skim Milk or Chocolate Skim Milk</p>	<p>19 No School: Spring Holiday</p>  <p>*Deli Meat is Sliced Low Fat Turkey Breast or Turkey Ham.</p>	<p>Cal 809</p> <p>T.Fat 20.45 G (22.8%)</p> <p>S.Fat 5.7 G (6.3%)</p> <p>Chol 50.3 Mg</p> <p>Sodm 948.95 Mg</p> <p>Carb 124.04 G (61.3%)</p> <p>Fiber 13.8 G</p> <p>Prtm 37.34 G (18.5%)</p> <p>Iron 5.70 Mg</p> <p>Calc 470.41 Mg</p> <p>Vit A 45.01 RE</p> <p>Vit C 52.52 Mg</p>
<p>22 General Tso's Chicken with Seasoned Brown Rice and Chicken Egg Roll (9-12)</p> <p>Steamed California Blend Vegetables</p> <p>Fresh Cucumber Slices with Ranch Dip</p> <p>Chilled Fresh Apple Wedges</p> <p>Chilled Diced Peaches (9-12)</p> <p>Skim Milk or Chocolate Skim Milk</p>	<p>23 Hamburger Gravy with Mini Sub Roll</p> <p>Mashed Potatoes</p> <p>Crinkle Cut Carrots</p> <p>Fresh Watermelon Cubes</p> <p>Chilled Mixed Fruit (9-12)</p> <p>Skim Milk or Chocolate Skim Milk</p>	<p>24 Individual Deep Dish Pepperoni Pizza</p> <p>Wedge Cut Potatoes</p> <p>Creamy Coleslaw</p> <p>Chilled Diced Peaches</p> <p>Chilled Mandarin Orange Sections (9-12)</p> <p>Skim Milk or Chocolate Skim Milk</p>	<p>25 Homemade Lasagna with Garlic Toast</p> <p>Spinach Salad</p> <p>Baby Whole Carrots and Celery Sticks with Ranch Dip</p> <p>Chilled Mixed Berry Cup</p> <p>Chilled Sliced Peaches (9-12)</p> <p>Skim Milk or Chocolate Skim Milk</p>	<p>26 Boneless Chicken Wings with Sauce Selections and Buttermilk Biscuit</p> <p>Baked Beans</p> <p>Baby Whole Carrots</p> <p>Chilled Mixed Fruit</p> <p>Fresh Fruit Selection (9-12)</p> <p>Skim Milk or Chocolate Skim Milk</p>	<p>Cal 762</p> <p>T.Fat 18.99 G (22.4%)</p> <p>S.Fat 5.0 G (5.9%)</p> <p>Chol 53.8 Mg</p> <p>Sodm 1059.06 Mg</p> <p>Carb 110.88 G (58.2%)</p> <p>Fiber 11.1 G</p> <p>Prtm 35.75 G (18.8%)</p> <p>Iron 5.95 Mg</p> <p>Calc 513.41 Mg</p> <p>Vit A 40.95 RE</p> <p>Vit C 30.23 Mg</p>
<p>29 Chicken Alfredo with Whole Grain Rotini Pasta and Garlic Toast</p> <p>Steamed Broccoli</p> <p>Fresh Cucumber Slices with Ranch Dip</p> <p>Orange Smiles</p> <p>Chilled Applesauce (9-12)</p> <p>Skim Milk or Chocolate Skim Milk</p>	<p>30 Sloppy Joe on Wheat Bun</p> <p>Crispy Baked French Fries</p> <p>Creamy Coleslaw</p> <p>Chilled Sliced Peaches</p> <p>Petite Banana (9-12)</p> <p>Skim Milk or Chocolate Skim Milk</p>	<p>Allergy Information: The menus may contain one or more of the following ingredients: milk, eggs, wheat, peanuts or tree nuts.</p> <p>Did You Know (9-12): Signifies food items that are offered in addition to all other food choices for Grades 9-12 only in order to meet Minnesota and USDA Meal Regulations.</p>			<p>Cal 810</p> <p>T.Fat 25.25 G (28.1%)</p> <p>S.Fat 4.7 G (5.3%)</p> <p>Chol 63.3 Mg</p> <p>Sodm 1055.63 Mg</p> <p>Carb 109.80 G (54.2%)</p> <p>Fiber 9.8 G</p> <p>Prtm 38.62 G (19.1%)</p> <p>Iron 3.82 Mg</p> <p>Calc 475.67 Mg</p> <p>Vit A 38.51 RE</p> <p>Vit C 70.39 Mg</p>

*Breakfast and Lunch Menus Subject to Product Availability and Nutrients are Averaged for the Week.

**This Institution is an Equal Opportunity Provider.