

# March

# 2020

(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.

## Community Christian School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>Kick'n Chicken</b> <sup>2</sup></p> <p>Popcorn Chicken with Mashed Potatoes/Gravy Golden Whole Kernel Corn Buttermilk Biscuit Chilled Fresh Apple Wedges Chilled Peaches (9-12)</p>	<p><sup>3</sup></p> <p>Homemade Chili with Frosted WG Cinnamon Roll (K-12) <b>or</b> WG Biscuit (Eagle's Nest) Baby Whole Carrots Chilled Mixed Fruit Orange Smiles (9-12)</p>	<p><sup>4</sup></p> <p>Scalloped Potatoes with Turkey Ham and Mini Sub Roll Crinkle Cut Carrots Fresh CA Vegetables/Dip Chilled Applesauce Chilled Pears (9-12)</p>	<p><sup>5</sup></p> <p>Chicken Alfredo with Whole Grain Penne Pasta Steamed Broccoli Baby Carrots and Celery/Dip Chilled Berry Blend Chilled Peaches (9-12)</p>	<p><sup>6</sup></p> <p><b>Brunch for Lunch</b> Whole Grain French Toast Sticks with Maple Syrup and Colby Cheese Omelet Batter Bites Creamy Coleslaw Fresh Fruit Selection Ocean Spray Craisins (9-12)</p>	<p>Avg Nutrients Target Cals... 751* 100% Chol... 78* mg Sodium. 1076* mg Fiber.. 10.2* g Calcium262.1* mg Vit A 6514* IU Vit C 31.8* mg</p>
<p><sup>9</sup></p> <p>Diced Roast Turkey with Gravy and WG Mini Sub Roll Mashed Potatoes Seasoned Green Beans Petite Banana Chilled Peaches (9-12)</p>	<p><sup>10</sup></p> <p>Sloppy Joe on Wheat Bun Wedge Cut Potatoes Creamy Coleslaw Fresh Apple Slices Chilled Pears (9-12)</p>	<p><sup>11</sup></p> <p>Boneless Chicken Wings with Sauce Selections and Buttermilk Biscuit Baked Beans Baby Whole Carrots Red Grape Cluster Ocean Spray Craisins (9-12)</p>	<p><sup>12</sup></p> <p>Homemade Lasagna with Garlic Toast Spinach Salad Baby Carrots and Celery/Dip Chilled Berry Blend Chilled Applesauce (9-12)</p>	<p><sup>13</sup></p> <p>French Bread Garlic Cheese Pizza with Italian Dipping Sauce Fresh CA Vegetables/Dip Chilled Mixed Fruit Fresh Fruit Selection (9-12)</p>	<p>Avg Nutrients Target Cals... 751* 100% Chol... 49* mg Sodium. 1047* mg Fiber.. 10.2* g Calcium333.6* mg Vit A 5991* IU Vit C 34.8* mg</p>
<p><sup>16</sup></p> <p>General Tso's Chicken with Seasoned Brown Rice and Chicken Egg Roll (9-12) Steamed CA Vegetables Baby Whole Carrots Fresh Apple Slices Chilled Peaches (9-12)</p>	<p><sup>17</sup></p> <p><b>Domino's Day</b> Domino's Pizza Crisp Caesar Salad Fresh CA Vegetables/Dip Fresh Melon Blend Chilled Pineapple Tidbits (9-12)</p>	<p><sup>18</sup></p> <p>Homemade Tator Tot Casserole with WG Mini Sub Roll Golden Whole Kernel Corn Baby Whole Carrots Fresh Pineapple Chunks Chilled Applesauce (9-12)</p>	<p><sup>19</sup></p> <p><b>Nacho Bar</b> Beef Taco Meat with Cheese Sauce and WG Tortilla Chips Romaine Lettuce Refried Beans Chilled Berry Blend Fresh Whole Pear (9-12)</p>	<p><sup>20</sup></p> <p>Pizza Crunchers Stuffed with Cheese and Sauce Seasoned Green Beans Creamy Coleslaw Fresh Fruit Choice Ocean Spray Craisins (9-12)</p>	<p>Avg Nutrients Target Cals... 770* 100% Chol... 57* mg Sodium. 1032* mg Fiber.. 10.2* g Calcium484.0* mg Vit A 6132* IU Vit C 32.6* mg</p>
<p><sup>23</sup></p> <p><b>No School Spring Break</b></p>	<p><sup>24</sup></p> <p><b>No School Spring Break</b></p>	<p><sup>25</sup></p> <p><b>No School Spring Break</b></p>	<p><sup>26</sup></p> <p><b>No School Spring Break</b></p>	<p><sup>27</sup></p> <p><b>No School Spring Break</b></p>	<p>WG = Whole Grain CA = California Blend</p>
<p><sup>30</sup></p> <p><b>Kick'n Chicken</b> Popcorn Chicken with Mashed Potatoes/Gravy Golden Whole Kernel Corn Buttermilk Biscuit Chilled Fresh Apple Wedges Chilled Peaches (9-12)</p>	<p><sup>31</sup></p> <p>Big Daddy's Pepperoni Pizza Crisp Caesar Salad Baby Whole Carrots Chilled Berry Blend Fresh Orange Smiles (9-12)</p>			<p>Avg Nutrients Target Cals... 750* 93% Chol... 35* mg Sodium. 1023* mg Fiber.. 11.6* g Calcium316.9* mg Vit A 7637* IU Vit C 101.2* mg</p>	

A variety of lowfat milk selections will be available daily.

This Institution is an Equal Opportunity Provider.

Menu Subject to Product Availability and Nutrients are Averaged for the Week.

**Allergy Information:** The menus may contain one or more of the following ingredients: milk, soy, eggs, wheat, peanuts, or tree nuts