




Community Christian School

February 2019

Lunch Menu

February

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			Allergy Information: The menus may contain one or more of the following ingredients: milk, eggs, wheat, peanuts or tree nuts.	Superbowl Sampler: Whole Grain Mozzarella Cheese Sticks with Italian Dipping Sauce and Chicken Strip Tenders Wedge Cut Potatoes Fresh California Blend Vegetables with Ranch Dip Fresh Whole Pear Chilled Mixed Fruit (9-12) Skim Milk or Chocolate Skim Milk	Cal 783 T.Fat 29.88 G (34.3 %) S.Fat 7.1 G (8.1 %) Chol 69.5 Mg Sodm 1064.27 Mg Carb 76.23 G (38.9 %) Fiber 6.4 G Prtn 43.96 G (22.5 %) Iron 1.90 Mg Calc 729.61 Mg Vit A 10.88 RE Vit C 6.35 Mg
4 Kick'n Chicken: Popcorn Chicken with Mashed Potatoes, Golden Whole Kernel Corn, Chicken Gravy, and Buttermilk Biscuit Chilled Fresh Apple Wedges Chilled Peaches (9-12) Skim Milk or Chocolate Skim Milk	5 Taco or Fajita Bar: Seasoned Beef Taco Meat or Chicken Fajita Meat with Shredded Cheese, Soft Shell, and Spanish Rice Shredded Romaine Lettuce Steamed Black Beans Petite Banana Chilled Pear Slices (9-12) Skim Milk or Chocolate Skim Milk	6 Chicken Nuggets with Sauce Selections and Seasoned Brown Rice Crinkle Cut Carrots Fresh California Blend Vegetables with Ranch Dip Chilled Mixed Fruit Warm Cinnamon Apple Slices (9-12) Skim Milk or Chocolate Skim Milk	7 Homemade Chili with Frosted Whole Grain Cinnamon Roll and Shredded Cheese Spinach Salad Chilled Strawberry Slices Chilled Applesauce (9-12) Skim Milk or Chocolate Skim Milk	8 All Beef Hot Dog on Whole Grain Bun Sweet Potato Crinkle Cut French Fries Creamy Coleslaw Chilled Mixed Fruit Fresh Fruit Selection (9-12) Skim Milk or Chocolate Skim Milk	Cal 776 T.Fat 20.54 G (23.8 %) S.Fat 6.4 G (7.4 %) Chol 49.6 Mg Sodm 1025.67 Mg Carb 116.27 G (60.0 %) Fiber 13.1 G Prtn 34.34 G (17.7 %) Iron 5.60 Mg Calc 472.81 Mg Vit A 45.53 RE Vit C 48.05 Mg
11 General Tso's Chicken with Seasoned Brown Rice and Chicken Egg Roll (9-12) Steamed California Blend Vegetables Fresh Cucumber Slices with Ranch Dip Chilled Fresh Apple Wedges Chilled Diced Pears (9-12) Skim Milk or Chocolate Skim Milk	12 Slow-Roasted Shredded Turkey on Whole Wheat Bun Golden Whole Kernel Corn Baby Whole Carrots Petite Banana Red Grape Cluster (9-12) Skim Milk or Chocolate Skim Milk	13 Sweet Honey BBQ Chicken Strip Sandwich Wedge Cut Potatoes Baked Beans Chilled Diced Pears Chilled Applesauce (9-12) Skim Milk or Chocolate Skim Milk	14 Happy Valentine's Day! Homemade Lasagna with Garlic Toast Spinach Salad Baby Whole Carrots and Celery Sticks with Ranch Dip Swee' Heart Cherry Frozen Fruit Cup Chilled Peaches (9-12) Skim Milk or Chocolate Skim Milk	15 No School: Teacher Inservice 	Cal 762 T.Fat 20.15 G (23.8 %) S.Fat 5.7 G (6.8 %) Chol 53.3 Mg Sodm 1072.77 Mg Carb 111.62 G (58.6 %) Fiber 9.0 G Prtn 33.87 G (17.8 %) Iron 7.18 Mg Calc 472.32 Mg Vit A 43.99 RE Vit C 29.63 Mg
18 No School: President's Day 	19 Brunch for Lunch: Whole Grain French Toast Sticks with Maple Syrup and Colby Cheese Omelet Tator Tots Creamy Coleslaw Chilled Peaches Petite Banana (9-12) Skim Milk or Chocolate Skim Milk	20 Big Daddy's Cheese or Pepperoni Pizza Crisp Caesar Salad with Dressing Baby Whole Carrots Fresh Whole Pear Chilled Applesauce (9-12) Skim Milk or Chocolate Skim Milk	21 Popcorn Chicken with Sweet and Sour Sauce and Seasoned Brown Rice Steamed California Blend Vegetables Baby Whole Carrots and Celery Sticks with Ranch Dip Sliced Strawberries and Bananas Chilled Peaches (9-12) Skim Milk or Chocolate Skim Milk	22 Nacho Bar: Tortilla Chips with Seasoned Beef Taco Meat, and Cheese Sauce Shredded Romaine Lettuce Fresh Diced Tomato Nacho Fixin's Refried Beans Chilled Mixed Fruit Fresh Fruit Selection (9-12) Skim Milk or Chocolate Skim Milk	Cal 800 T.Fat 23.41 G (26.3 %) S.Fat 5.9 G (6.6 %) Chol 76.8 Mg Sodm 1008.48 Mg Carb 123.08 G (61.5 %) Fiber 11.3 G Prtn 28.96 G (14.5 %) Iron 3.43 Mg Calc 473.69 Mg Vit A 53.68 RE Vit C 35.12 Mg
25 Kick'n Chicken: Popcorn Chicken with Mashed Potatoes, Golden Whole Kernel Corn, Chicken Gravy, and Buttermilk Biscuit Chilled Fresh Apple Wedges Chilled Peaches (9-12) Skim Milk or Chocolate Skim Milk	26 Taco or Fajita Bar: Seasoned Beef Taco Meat or Chicken Fajita Meat with Shredded Cheese, Soft Shell, and Spanish Rice Shredded Romaine Lettuce Steamed Black Beans Fresh Diced Tomato Petite Banana Chilled Pear Slices (9-12) Skim Milk or Chocolate Skim Milk	27 Chicken Nuggets with Sauce Selections and Seasoned Brown Rice Steamed Green Beans Fresh California Blend Vegetables with Ranch Dip Chilled Peaches Chilled Applesauce (9-12) Skim Milk or Chocolate Skim Milk	28 Italian Meat Sauce with Whole Grain Penne Pasta and Garlic Toast Crisp Caesar Salad with Dressing Fresh Cucumber Slices with Ranch Dip Chilled Strawberry Slices Chilled Mixed Fruit (9-12) Skim Milk or Chocolate Skim Milk	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.	Cal 789 T.Fat 20.37 G (23.2 %) S.Fat 5.7 G (6.5 %) Chol 50.3 Mg Sodm 949.24 Mg Carb 118.67 G (60.2 %) Fiber 13.2 G Prtn 37.47 G (19.0 %) Iron 5.59 Mg Calc 464.34 Mg Vit A 41.08 RE Vit C 49.14 Mg

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

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