

# JANUARY

## Community Christian School January 2019 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	<p><b>No School:</b> New Year's Day</p> 	<p><b>No School:</b> Winter Break</p> 	<p>BBQ Pork on Whole Grain Hamburger Bun Wedge Cut Potatoes Creamy Coleslaw Chilled Pineapple Tidbits Orange Smiles (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>Boneless Chicken Wings with Sauce Selections and Buttermilk Biscuit Baked Beans Baby Whole Carrots Fresh Fruit Selection Chilled Mixed Fruit (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>Cal 750 T.Fat 23.17 G (27.8 %) S.Fat 4.2 G (5.0 %) Chol 78.6 Mg Sodm 1051.90 Mg Carb 92.43 G (49.3 %) Fiber 12.9 G Prtn 36.41 G (19.4 %) Iron 5.62 Mg Calc 430.10 Mg Vit A 24.18 RE Vit C 64.07 Mg</p>
<p>Chicken Alfredo with Whole Grain Rotini Pasta and Garlic Toast Steamed Broccoli Baby Whole Carrots and Celery Sticks with Ranch Dip Chilled Fresh Apple Wedges Chilled Pineapple and Mandarin Oranges (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>Sloppy Joe on Wheat Bun Crispy Baked French Fries Creamy Coleslaw Chilled Peaches Petite Banana (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>Big Daddy's Cheese or Pepperoni Pizza Crisp Caesar Salad with Dressing Fresh California Blend Vegetables with Ranch Dip Chilled Pineapple Tidbits Chilled Applesauce (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>Popcorn Chicken with Sweet and Sour Sauce and Seasoned Brown Rice Crinkle Cut Carrots Sugar Snap Peas with Ranch Dip Sliced Strawberries and Bananas Chilled Peaches (9-12) Skim Milk or Chocolate Skim Milk</p>	<p><b>Nacho Bar:</b> Tortilla Chips with Seasoned Beef Taco Meat, Cheese Sauce, Shredded Romaine Lettuce, and Fixin's Refried Beans Fresh Whole Pear Chilled Mixed Fruit (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>Cal 787 T.Fat 24.47 G (28.0 %) S.Fat 5.1 G (5.8 %) Chol 51.5 Mg Sodm 1029.21 Mg Carb 112.31 G (57.1 %) Fiber 11.6 G Prtn 33.74 G (17.2 %) Iron 4.78 Mg Calc 477.12 Mg Vit A 41.24 RE Vit C 42.60 Mg</p>
<p><b>Kick'n Chicken:</b> 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</p>	<p><b>Taco or Fajita Bar:</b> Chicken Fajita Meat or Seasoned Beef Taco 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</p>	<p>Chicken Nuggets with Sauce Selections and Seasoned Brown Rice Crinkle Cut Carrots Fresh California Blend Vegetables with Ranch Dip Green Grape Cluster Warm Cinnamon Apple Slices (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>Homemade Chili with Whole Grain Frosted Cinnamon Roll Garden Green Salad with Lite Ranch Dressing Baby Whole Carrots Chilled Strawberry Slices Chilled Pineapple Tidbits (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>All Beef Hot Dog on Whole Grain Bun Crispy Baked French Fries Fresh California Blend Vegetables with Ranch Dip Chilled Mixed Fruit Fresh Fruit Selection (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>Cal 777 T.Fat 20.33 G (23.6 %) S.Fat 6.3 G (7.3 %) Chol 51.2 Mg Sodm 1086.04 Mg Carb 118.49 G (61.0 %) Fiber 13.3 G Prtn 34.66 G (17.8 %) Iron 5.02 Mg Calc 462.22 Mg Vit A 47.35 RE Vit C 48.70 Mg</p>
<p><b>No School</b></p> 	<p>Homemade Tator Tot Casserole with Mini Sub Roll Crinkle Cut Carrots Chilled Diced Pears Petite Banana (9-12) Skim Milk or Chocolate Skim Milk</p> <p><b>Did You Know: (9-12):</b> 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>Meatball Sub Sandwich on Homemade Sub Roll Wedge Cut Potatoes Creamy Coleslaw Chilled Pineapple Tidbits Orange Smiles (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>Homemade Lasagna with Garlic Toast Spinach Salad Baby Whole Carrots and Celery Sticks with Ranch Dip Chilled Berry Blend Chilled Peaches (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>Boneless Chicken Wings with Sauce Selections and Buttermilk Biscuit Baked Beans Baby Whole Carrots Fresh Fruit Selection Chilled Mixed Fruit (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>Cal 811 T.Fat 26.35 G (29.2 %) S.Fat 7.3 G (8.1 %) Chol 57.6 Mg Sodm 1020.84 Mg Carb 107.26 G (52.9 %) Fiber 12.2 G Prtn 38.57 G (19.0 %) Iron 6.52 Mg Calc 510.33 Mg Vit A 39.76 RE Vit C 54.23 Mg</p>
<p>Chicken Alfredo with Whole Grain Rotini Pasta and Garlic Toast Steamed Broccoli Baby Whole Carrots and Celery Sticks with Ranch Dip Chilled Fresh Apple Wedges Chilled Pineapple and Mandarin Oranges (9-12) Skim Milk or Chocolate Skim Milk</p>	<p><b>Brunch for Lunch:</b> Whole Grain French Toast Sticks with Maple Syrup and Turkey Sausage Patty Tator Tots Creamy Coleslaw Chilled Peaches Petite Banana (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>Individual Deep Dish Cheese Pizza Crisp Caesar Salad with Dressing Fresh California Blend Vegetables with Ranch Dip Chilled Pineapple Tidbits Chilled Applesauce (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>Popcorn Chicken with Sweet and Sour Sauce and Seasoned Brown Rice Crinkle Cut Carrots Celery Sticks with Ranch Dip Sliced Strawberries and Bananas Chilled Peaches (9-12) Skim Milk or Chocolate Skim Milk</p>	<p><b>Allergy Information:</b> The menus may contain one or more of the following ingredients: milk, eggs, wheat, peanuts or tree nuts.</p>	<p>Cal 777 T.Fat 20.22 G (23.4 %) S.Fat 4.2 G (4.9 %) Chol 53.4 Mg Sodm 958.71 Mg Carb 116.81 G (60.2 %) Fiber 9.7 G Prtn 33.45 G (17.2 %) Iron 3.94 Mg Calc 470.89 Mg Vit A 49.47 RE Vit C 47.13 Mg</p>

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

\*\*This institution is an Equal Opportunity Provider.