

Community Christian School

December 2018

Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients	
<p><u>Build Your Own Stir Fry:</u> Chicken with Seasoned Brown Rice and Sauce Selections, Steamed Broccoli, Fajita Blend Vegetables, Fresh Carrots, Celery Sticks, Sugar Snap Peas Fresh Apple Wedges Chilled Diced Pears (9-12) Skim or Chocolate Skim Milk</p>	<p>Homemade Tator Tot Casserole with Mini Sub Roll Crinkle Cut Carrots Fresh Watermelon Cubes Petite Banana (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>Parmesan Chicken Sandwich Wedge Cut Potatoes Creamy Coleslaw Chilled Pineapple Tidbits Chilled Mandarin Orange Sections (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 Red Grape Cluster Chilled Mixed Fruit (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>Cal 772 T.Fat 21.34 G (24.9%) S.Fat 5.4 G (6.3%) Chol 66.0 Mg Sodm 1066.69 Mg Carb 106.45 G (55.1%) Fiber 11.4 G Prtn 40.49 G (21.0%) Iron 6.64 Mg Calc 515.62 Mg Vit A 38.77 RE</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 or Chocolate Skim Milk</p>	<p><u>Brunch for Lunch:</u> Whole Grain French Toast Sticks with Maple Syrup and Colby Cheese Omelet Tator Tots Creamy Coleslaw Petite Banana Chilled Peaches (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 Sugar Snap Peas Sliced Strawberries and Bananas Chilled Peaches (9-12) Skim Milk or Chocolate Skim Milk</p>	<p><u>Nacho Bar:</u> Tortilla Chips with Seasoned Beef Taco Meat Cheese Sauce, Shredded Romaine Lettuce, Fresh Diced Tomato, and Fixin's Refried Beans Fresh Fruit Selection Chilled Mixed Fruit (9-12) Skim or Chocolate Skim Milk</p>	<p>Cal 792 T.Fat 22.71 G (25.8%) S.Fat 4.9 G (5.6%) Chol 84.4 Mg Sodm 989.38 Mg Carb 115.68 G (58.4%) Fiber 10.4 G Prtn 33.07 G (16.7%) Iron 4.04 Mg Calc 488.91 Mg Vit A 46.91 RE</p>	
<p><u>Kick'n Chicken:</u> Popcorn Chicken with Buttermilk Biscuit Mashed Potatoes/Gravy Golden Whole Kernel Corn Chilled Fresh Apple Wedges Chilled Peaches (9-12) Skim Milk or Chocolate Skim Milk</p>	<p><u>Special Holiday Meal:</u> Chicken Cordon Bleu with Seasoned Brown and Wild Rice Blend with Gingerbread Cookie (K-12) Seasoned Green Beans Baby Whole Carrots and Celery Sticks with Ranch Dip Fresh Whole Apple Chilled Berry Blend (9-12) Skim or Chocolate Skim Milk</p>	<p>Chicken Nuggets with Sauce Selections and Seasoned Brown Rice Baked Beans Fresh California Blend Vegetables with Ranch Dip Chilled Diced Pears Chilled Mandarin Orange Sections (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>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 Pineapple Tidbits (9-12) Skim or Chocolate Skim Milk</p>	<p>Chicken Breast on Wheat Bun with Cheese Slice Tator Tots Garden Green Salad with Lite Ranch Dressing Assorted Fruit Selection Chilled Mixed Fruit (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>Cal 766 T.Fat 19.55 G (23.0%) S.Fat 5.0 G (5.9%) Chol 53.6 Mg Sodm 1011.40 Mg Carb 112.52 G (58.8%) Fiber 12.0 G Prtn 37.77 G (19.7%) Iron 6.12 Mg Calc 594.72 Mg Vit A 33.84 RE</p>	
<p>No School: Winter Break</p> <p>Winter Break: December 24th, 2018 - January 2nd, 2019. School Resumes January 3rd, 2019.</p>	<p>No School: Winter Break</p>	<p>No School: Winter Break</p>	<p>No School: Winter Break</p>	<p>No School: Winter Break</p>		
<p>No School: Winter Break</p> <p><u>Did You Know (9-12):</u> 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>				<h1>WINTER BREAK</h1> <h2>NO SCHOOL!</h2>		<p>Allergy Information: The menus may contain one or more of the following ingredients: milk, eggs, wheat, peanuts or tree nuts.</p>

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

**This Institution is an Equal Opportunity Provider.