



Community Christian School

March 2019

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
					<p>1 All Beef Hot Dog on Whole Grain Bun Crispy Baked French Fries Creamy Coleslaw Chilled Mixed Fruit Fresh Fruit Selection (9-12) Skim Milk <i>or</i> Chocolate Skim Milk</p> <p>Cal 775 T.Fat 29.83 G S.Fat 7.9 G Chol 35.9 Mg Sodm 1058.96 Mg Carb 102.12 G Fiber 9.4 G Prtn 23.87 G Iron 4.25 Mg Calc 366.61 Mg Vit A 42.67 RE Vit C 34.79 Mg</p>
<p>4 General Tso's Chicken with Seasoned Brown Rice and Chicken Egg Roll (9-12) <i>or</i> Steamed California Blend Vegetables Fresh Cucumber Slices with Ranch Dip Chilled Fresh Apple Wedges Chilled Diced Pears (9-12) Skim Milk <i>or</i> Chocolate Skim Milk</p>	<p>5 Homemade Tator Tot Casserole with Mini Sub Roll Crinkle Cut Carrots Petite Banana Chilled Applesauce (9-12) Skim Milk <i>or</i> Chocolate Skim Milk</p>	<p>6 Fish Patty on Bun with Tartar Sauce Wedge Cut Potatoes Roasted Garbanzo Beans Chilled Diced Pears Chilled Pineapple Tidbits (9-12) Skim Milk <i>or</i> Chocolate Skim Milk</p>	<p>7 Homemade Lasagna with Garlic Toast Spinach Salad Baby Whole Carrots and Celery Sticks with Ranch Dip Chilled Mixed Fruit Chilled Peaches (9-12) Skim Milk <i>or</i> Chocolate Skim Milk</p>	<p>8 Grilled Cheese Sandwich with Tomato Soup Garden Green Salad Chilled Mixed Fruit Fresh Fruit Selection (9-12) Skim Milk <i>or</i> Chocolate Skim Milk</p> <p>Cal 792 T.Fat 26.24 G S.Fat 6.2 G Chol 67.4 Mg Sodm 1059.68 Mg Carb 107.76 G Fiber 11.6 G Prtn 36.26 G Iron 5.81 Mg Calc 761.54 Mg Vit A 40.02 RE Vit C 33.10 Mg</p>	
<p>11 Chicken Alfredo with Whole Grain Rotini Pasta and Garlic Toast Steamed Broccoli Fresh Cucumber Slices with Ranch Dip Chilled Fresh Apple Wedges Chilled Pineapple and Mandarin Oranges (9-12) Skim Milk <i>or</i> Chocolate Skim Milk</p>	<p>12 Sloppy Joe on Wheat Bun Oven Baked Potato Wedges Baked Beans Chilled Peaches Petite Banana (9-12) Skim Milk <i>or</i> Chocolate Skim Milk</p>	<p>13 Individual Deep Dish Cheese Pizza Crisp Caesar Salad with Dressing Baby Whole Carrots Chilled Pineapple Tidbits Chilled Applesauce (9-12) Skim Milk <i>or</i> Chocolate Skim Milk</p>	<p>14 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 <i>or</i> Chocolate Skim Milk</p>	<p>15 <u>Saint Patrick's Day Celebration:</u> Baja Fish Sticks with Seasoned Brown Rice and Tartar Sauce Wedge Cut Potatoes Fresh California Blend Vegetables with Ranch Dip Luck O' The Ice Frozen Fruit Cup Chilled Mixed Fruit (9-12) Skim Milk <i>or</i> Chocolate Skim Milk</p> <p>Cal 771 T.Fat 22.52 G S.Fat 4.1 G Chol 47.8 Mg Sodm 1034.04 Mg Carb 110.16 G Fiber 10.1 G Prtn 32.84 G Iron 5.87 Mg Calc 462.65 Mg Vit A 41.39 RE Vit C 45.99 Mg</p>	
<p>18 <u>Kick'n Chicken:</u> Popcorn Chicken with Mashed Potatoes, Golden Whole Kernel Corn, Chicken Gravy, and Buttermilk Biscuit Chilled Fresh Apple Wedges Chilled Peaches (9-12) Skim Milk <i>or</i> Chocolate Skim Milk</p>	<p>19 <u>Taco or Fajita Bar:</u> Chicken Fajita Meat <i>or</i> Seasoned Beef Taco Meat with Shredded Cheese, Soft Shell, Fixin's, and Spanish Rice Shredded Romaine Lettuce Steamed Black Beans Petite Banana Chilled Pear Slices (9-12) Skim Milk <i>or</i> Chocolate Skim Milk</p>	<p>20 Chicken Nuggets with Sauce Selections and Seasoned Brown Rice Seasoned Green Beans Fresh California Blend Vegetables with Ranch Dip Chilled Peaches Warm Cinnamon Apple Slices (9-12) Skim Milk <i>or</i> Chocolate Skim Milk</p>	<p>21 Homemade Chili with Frosted Whole Grain Cinnamon Roll and Shredded Cheese Spinach Salad Fresh Strawberries Chilled Peaches (9-12) Skim Milk <i>or</i> Chocolate Skim Milk</p>	<p>22 French Bread Garlic Cheese Pizza with Italian Dipping Sauce Fresh California Blend Vegetables with Ranch Dip Chilled Mixed Fruit Assorted Fruit Selection (9-12) Skim Milk <i>or</i> Chocolate Skim Milk</p> <p>Cal 783 T.Fat 21.18 G S.Fat 6.6 G Chol 47.5 Mg Sodm 1067.39 Mg Carb 116.00 G Fiber 11.8 G Prtn 35.58 G Iron 6.17 Mg Calc 513.85 Mg Vit A 46.74 RE Vit C 55.65 Mg</p>	
<p>25 No School: Spring Holiday</p>	<p>26 No School: Spring Holiday</p>	<p>27 No School: Spring Holiday</p>	<p>28 No School: Spring Holiday</p>	<p>29 No School: Spring Holiday</p>	<p>Allergy Information: The menus may contain one or more of the following ingredients: milk, eggs, wheat, peanuts or tree nuts.</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.



*Deli Meat is Sliced
Low Fat Turkey
Breast or Turkey
Ham.

*Breakfast and Lunch Menus Subject to Product Availability and Nutrients are Averaged for the Week.
** This Institution is an Equal Opportunity Provider.