

# Community Christian School

## May 2019

### Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<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>School Lunch Hero Day! Thank your kitchen staff for all they do!</p> <p><b>May 3, 2019</b></p>	<p>Individual Deep Dish Cheese Pizza Crisp Caesar Salad with Dressing Baby Whole Carrots Fresh Cut Pineapple Chunks Chilled Pear Slices (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>Popcorn Chicken with Sweet and Sour Sauce and Seasoned Brown Rice Crinkle Cut Carrots Fresh California Blend Vegetables 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, &amp; Fixin's Shredded Romaine Lettuce Refried Beans Chilled Mixed Fruit Fresh Fruit Selection (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>Cal 756 T.Fat 22.26 G (26.5%) S.Fat 5.4 G (6.4%) Chol 46.7 Mg Sodm 1061.03 Mg Carb 110.36 G (58.4%) Fiber 12.4 G Prtn 32.24 G (17.1%) Iron 4.62 Mg Calc 476.26 Mg Vit A 24.17 RE Vit C 57.77 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, Fixin's, 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 Seasoned Green Beans Fresh California Blend Vegetables with Ranch Dip Fresh Cantaloupe Melon Cubes Warm Cinnamon Apple Slices (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 Fresh Strawberries Chilled Peaches (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>Hamburger on Whole Wheat Bun Baby Whole Carrots Fresh California Blend Vegetables with Ranch Dip Chilled Mixed Fruit Fresh Fruit Selection (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>Cal 769 T.Fat 21.13 G (24.7%) S.Fat 5.9 G (7.0%) Chol 55.3 Mg Sodm 892.32 Mg Carb 112.69 G (58.6%) Fiber 12.4 G Prtn 36.76 G (19.1%) Iron 5.15 Mg Calc 455.48 Mg Vit A 41.14 RE Vit C 55.05 Mg</p>
<p>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</p>	<p><b>Homemade Tator Tot Casserole with Mini Sub Roll</b> Crinkle Cut Carrots Petite Banana Fresh Watermelon Cubes (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>Meatball Sub Sandwich on Homemade Sub Roll Wedge Cut Potatoes Creamy Coleslaw Chilled Diced Pears 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 Strawberry Slices Chilled Peaches (9-12) Skim Milk or Chocolate Skim Milk</p>	<p><b>Boneless Chicken Wings with Sauce Selections and Buttermilk Biscuit</b> Baked Beans Baby Whole Carrots with Ranch Dip Red Grape Cluster Chilled Mixed Fruit (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>Cal 813 T.Fat 23.82 G (26.4%) S.Fat 6.4 G (7.1%) Chol 61.9 Mg Sodm 1069.00 Mg Carb 113.75 G (56.0%) Fiber 11.8 G Prtn 38.07 G (18.7%) Iron 6.59 Mg Calc 491.00 Mg Vit A 41.69 RE Vit C 58.50 Mg</p>
<p>Chicken Alfredo with Whole Grain Rotini Pasta and Garlic Toast Steamed Broccoli Fresh Cucumber Slices with Ranch Dip Chilled Fresh Apple Wedges Chilled Diced Pears (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>Big Daddy's Pepperoni Pizza Crisp Caesar Salad with Dressing Baby Whole Carrots Fresh Cut Pineapple Chunks Chilled Mixed Fruit (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>Popcorn Chicken with Sweet and Sour Sauce and Seasoned Brown Rice Crinkle Cut Carrots Fresh California Blend Vegetables with Ranch Dip Chilled Strawberry Slices Chilled Peaches (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>Chicken Quesadilla Pizza Shredded Romaine Lettuce Fresh Diced Tomato Salsa and Light Sour Cream Refried Beans Chilled Mixed Fruit Fresh Whole Pear (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>Cal 781 T.Fat 20.88 G (24.1%) S.Fat 4.4 G (5.0%) Chol 51.9 Mg Sodm 1078.57 Mg Carb 115.68 G (59.3%) Fiber 10.8 G Prtn 34.70 G (17.8%) Iron 3.92 Mg Calc 516.11 Mg Vit A 49.06 RE Vit C 48.65 Mg</p>
<p><b>No School: Memorial Day</b></p>	<p><b>Taco or Fajita Bar:</b> Chicken Fajita Meat or 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 or Chocolate Skim Milk</p>	<p><b>Last Day of School:</b> BBQ Chicken on Whole Wheat Bun Wedge Cut Potatoes Fresh California Blend Vegetables with Ranch Dip Chilled Mixed Fruit Assorted Chilled Fruit Cups (9-12) Skim Milk or Chocolate Skim Milk</p>	<p><b>happy LAST DAY OF school</b></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 828 T.Fat 21.66 G (23.6%) S.Fat 7.3 G (8.0%) Chol 91.3 Mg Sodm 1032.36 Mg Carb 109.99 G (53.2%) Fiber 14.5 G Prtn 42.56 G (20.6%) Iron 4.58 Mg Calc 503.54 Mg Vit A 42.18 RE Vit C 61.94 Mg</p>

\*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.

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