

November

Community Christian School November 2018 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>Allergy Information: The menus may contain one or more of the following ingredients: milk, eggs, wheat, peanuts or tree nuts.</p>		<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.</p>	<p>1 Popcorn Chicken with Sweet and Sour Sauce and Seasoned Brown Rice Mixed Vegetables Fresh California Blend Vegetables Sliced Strawberries and Bananas Chilled Peaches (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>2 Nacho Bar: Tortilla Chips with Seasoned Beef Taco Meat, Cheese Sauce, Shredded Romaine Lettuce, Fresh Diced Tomato, Salsa, Light Sour Cream Refried Beans Chilled Mixed Fruit Fresh Whole Pear (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>Cal 756 T.Fat 16.69 G (19.9%) S.Fat 3.9 G (4.6%) Chol 22.4 Mg Sodm 985.92 Mg Carb 120.90 G (64.0%) Fiber 15.0 G Prtn 32.02 G (16.9%) Iron 6.87 Mg Calc 534.66 Mg Vit A 41.46 RE Vit C 54.98 Mg</p>
<p>6 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</p>	<p>6 Taco or Fajita Bar: Chicken Fajita Meat or Seasoned Beef Taco Meat with Shredded Cheese, Soft Shell, Spanish Rice, Shredded Romaine Lettuce, Steamed Black Beans, and Fixin's Petite Banana Chilled Pear Slices (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>7 Chicken Nuggets with Sauce Selections and Seasoned Brown Rice Seasoned Green Beans Fresh California Blend Vegetables with Ranch Dip Warm Cinnamon Apple Slices Chilled Peaches (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>8 Homemade Chili with Shredded Cheese Whole Grain Frosted Cinnamon Roll Crisp Caesar Salad with Dressing Fresh Cucumber Slices with Ranch Dip Chilled Strawberry Slices Chilled Pineapple Tidbits (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>9 Hamburger on Wheat Bun with Lettuce, Onion, and Tomato Slice Baby Whole Carrots Fresh California Blend Vegetables with Ranch Dip Green Grape Cluster Chilled Mixed Fruit (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>Cal 774 T.Fat 20.70 G (24.1%) S.Fat 5.9 G (6.9%) Chol 54.9 Mg Sodm 855.74 Mg Carb 114.69 G (59.3%) Fiber 12.5 G Prtn 37.07 G (19.2%) Iron 5.14 Mg Calc 457.51 Mg Vit A 45.34 RE Vit C 51.94 Mg</p>
<p>12 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 Pear Slices (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>13 Farm to School Featuring- Benson Bakery Thanksgiving Celebration: Sliced Turkey with Benson Bakery Wheat Dinner Roll and Whole Grain Stuffing (9-12) Mashed Potatoes and Chicken Gravy Seasoned Green Beans Frozen Mango Fruit Cup Chilled Applesauce (9-12) Skim or Chocolate Skim</p>	<p>14 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>15 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>16 Boneless Chicken Wings with Sauce Selections and Buttermilk Biscuit and Sliced Whole Wheat Bread (9-12) Baked Beans Baby Whole Carrots with Ranch Dip Red Grape Cluster Chilled Mixed Fruit (9-12) Fresh Fruit Selection Skim Milk or Chocolate Skim Milk</p>	<p>Cal 762 T.Fat 21.50 G (25.4%) S.Fat 4.5 G (5.4%) Chol 60.1 Mg Sodm 1109.84 Mg Carb 104.33 G (54.8%) Fiber 11.1 G Prtn 38.59 G (20.3%) Iron 7.34 Mg Calc 505.48 Mg Vit A 35.38 RE Vit C 37.54 Mg</p>
<p>19 Chicken Alfredo with Whole Grain Rotini Pasta and Garlic Toast Steamed Broccoli Fresh Cucumber Slices Chilled Fresh Apple Wedges Chilled Pineapple and Mandarin Oranges (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>20 Sloppy Joe on Wheat Bun Baked Beans Creamy Coleslaw Petite Banana Chilled Peaches (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>21 Big Daddy's Pepperoni or Cheese Pizza Golden Whole Kernel Corn Fresh California Blend Vegetables Chilled Pineapple Tidbits Chilled Applesauce (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>22 No School: Thanksgiving Break</p>	<p>23 No School: Thanksgiving Break</p>	<p>Cal 800 T.Fat 19.76 G (22.2%) S.Fat 5.2 G (5.8%) Chol 55.6 Mg Sodm 1043.99 Mg Carb 119.14 G (59.6%) Fiber 11.3 G Prtn 38.35 G (19.2%) Iron 5.22 Mg Calc 525.78 Mg Vit A 35.38 RE Vit C 43.95 Mg</p>
<p>26 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</p>	<p>27 Taco or Fajita Bar: Chicken Fajita Meat or Seasoned Beef Taco Meat with Shredded Cheese, Soft Shell, Spanish Rice, Shredded Romaine Lettuce, Steamed Black Beans, and Fixin's Petite Banana Chilled Pear Slices (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>28 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 or Chocolate Skim Milk</p>	<p>29 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 Milk or Chocolate Skim Milk</p>	<p>30 Pizza Crunchers Stuffed with Cheese and Sauce Baby Whole Carrots Fresh California Blend Vegetables with Ranch Dip Green Grape Cluster Chilled Mixed Fruit (9-12) Skim Milk or Chocolate Skim Milk</p>	<p>Cal 777 T.Fat 20.71 G (24.0%) S.Fat 6.3 G (7.3%) Chol 48.0 Mg Sodm 958.43 Mg Carb 116.46 G (59.9%) Fiber 12.3 G Prtn 36.36 G (18.7%) Iron 4.40 Mg Calc 442.93 Mg Vit A 43.71 RE Vit C 47.92 Mg</p>



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

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