

## Elim Christian School Lunch Menu-July 1-July 26, 2024 (5/20/24)

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
Grilled Chicken B.L.T. Sandwich on hamburger bun (tomato, on side) Baked Hand Cut Potato Chips Fruit Lo Cal Dessert 2% Milk	Pylian Estates E.V.O.O. Chicken Breast Limone Spinach Feta Rice Bread/Roll Dessert 2% Milk	Happy 4 <sup>th</sup> !!! Fresh packed burgers/Bun Lettuce/ Tomato/ Cheese Baked French Fries Red, White, and Blue Dessert 2% Milk	No School	No School
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Chicken Salad Sandwiches on Croissant Cream of Broccoli Soup w/ crackers Fruit Veggie 2% Milk	Beef Enchiladas Suizas (Baked with Cheese) Mexican Rice Veggie Sour Cream* Fruit 2% Milk	Pancakes Turkey Sausage Patties Fruit (A Rich) Syrup/Margarine 2% Milk	Pulled Pork Sliders Au Gratin Potatoes Veggie Dessert Fruit 2% Milk	No School
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
Mexican Burrito Bowl w/ Rice, black beans, chicken, cheddar cheese, tomato s/o sour cream and fresh salsa Veggie Fruit (C Rich) 2% Milk	Baked Three Cheese Mac-n-Cheese Veggie Applesauce Dessert 2% Milk	Chicken Strips Mashed Sweet Potatoes Veggie Wheat Roll Fruit 2% Milk	Chicken Parmesan Penne Pasta W/ Olive Oil and Fresh Herbs Veggie Fruit Lo Cal Dessert 2% Milk	No School
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Grilled Chicken Breast w/ BBQ Sauce Cold Pasta Salad w/ veggies Fresh Sweet Corn Wheat Roll Fruit (C Rich) 2% Milk	Thick Cut Challah Bread French Toast Margarine/Syrup Turkey Sausage Patties Hash Brown Potatoes Fruit (C Rich) 2% Milk	Hand Packed Ground Italian Sausage Sandwiches baked w/ mozzarella and tomato sauce Farmstand Tomato, Cucumber, and Fresh Basil Salad w/ house dressing Fruit (C Rich) Lo Cal Dessert 2% Milk	Thin Crust Cheese Pizza Broccoli Salad Fruit (A Rich) Bread Stick Dessert 2% Milk	No School

\*Prepared low fat; (A Rich) – Vitamin A Rich Fruit-1/2 cup or Vegetable every other day; Vitamin C Rich every day *MVaughn, RD, LDN*

## Elim Calorie Controlled School Lunch Menu- July 1-July 26, 2024 (5/20/24)

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
Grilled Chicken-2 oz on hamburger bun (lettuce, tomato) Baked Hand Cut Potato Chips-1/4 cup Fruit-1/2 cup Skim Milk	Pylian Estates E.V.O.O. Chicken Limone -2 oz. Spinach Feta Rice-1 c. Fruit-1/2 cup Bread/Roll-1 Diet Jelly-1 tsp Skim Milk	Fresh packed burgers-2 oz./Bun Lettuce/ Tomato/ Cheese Baked French Fries.-1/2 c Fruit-1/2 cup Skim Milk	No School	No School
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Chicken Salad-1/2 cup Sandwiches on Wheat-2 slices Cream of Broccoli Soup-1/2 cup Veggie (A Rich)-1/2 c. Fruit-1/2 cup Skim Milk	Beef Enchilada-1 Mexican Rice-1/2 c. Veggie-1/2 c. Fruit-1/2 c. Skim Milk	Pancakes-2 Diet Syrup-1 T. Turkey Sausage Patties-2 oz Fruit (A Rich)-1 /2 c. Hash Browns*-1/4 c. Skim Milk	Pork- 2 oz Bun-1 small AuGratin Potatoes-1/4 cup Veggie-1/2 cup Fruit -1/2 cup Skim Milk	No School
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
Mexican Burritos-1/ Salsa/Sour Cr*-1 T. Rice-1/4 cup Black Beans-1/4 cup Lettuce/Tomato-1 c. Fruit-1/2 cup (C Rich) Veggie (A Rich) Skim Milk	3 Cheese Mac-n-Cheese*-1 ½ cup Veggie* (A Rich)-1/2 cup Fruit-1/2 cup Skim Milk	Chicken Strips * -3 oz Mashed Sweet Potatoes-1/3 cup Veggie-1/2 cup Fruit -1/2 cup Wheat Roll-1/ Diet Jelly -1 tsp . Skim Milk	Chicken Parm -2 oz. Penne Pasta-1 cup Veggie-1/2 c.(A Rich) Fruit-1/2 c. Skim Milk	No School
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
BBQ Chicken -2 oz Pasta Salad W/ Veggies-1/2 cup Corn-1/3 cup Fruit-1/2 cup Skim Milk	Thick Cut Challah Bread French Toast-1 Lite Syrup-1 T. Turkey Sausage-2 oz. Hash Brown Potatoes-1/4 cup Fruit -1/2 cup Skim Milk	Italian Sausage-1 1/2 oz on 1 Roll baked w/ mozzarella-1/2 oz and tomato sauce Salad w/ dressing-1 T Fruit (C Rich)-1/2 cup Skim Milk	Thin Crust Cheese*Pizza-1 medium slice Broccoli Salad*-1/2 cup Fruit -1/2 cup Skim Milk	No School

\*Prepared low fat; (A Rich) – Vitamin A Rich Fruit-1/2 cup or Vegetable every other day; Vitamin C Rich every day *MVaughn, RD, LDN*