

Elim Christian School Lunch Menu- September 30 – October 25, 2024 (8/14/24)

MONDAY Sept 30	TUESDAY Oct. 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
Oven Fried Chicken Breast Mashed Potatoes s/o gravy* Veggie (A Rich) Wheat Roll/Jelly Fruit (C Rich) 2% Milk	Thick Cut Challah Bread French Toast Turkey Sausage Patties Fruit (C Rich) 2% Milk	Chicken Chili w/ Veggies Rice Fruit (C Rich) Lo Cal Dessert 2% Milk	Black Angus burger/Bun Tomato/ Cheese Tater Tots Cupcakes 2% Milk	Baked Ziti Fresh Baked Breadstick Fruit (A Rich) Dessert 2% Milk
MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
Battered Fish and Chips (Baked Fries) Tarter Sauce Cole Slaw Fruit 2% Milk	Sandwich on eggwash roll w/ turkey, ham, cheese, tomato s/o mayo/mustard Veggies Cream of Chicken Soup*w/ crackers Dessert 2% Milk	Chicken Tinga Tacos Tomatoes, Cheese, Sour Cream, Fresh Salsa Roasted Mexican Potatoes Fruit Churros 2% Milk	Cavatappi w/ Meatballs Warmed Garlic Brushed Rolls Veggie Fruit 2% Milk	Greek Chicken Pita Wrap w/ Tomato, feta cheese, and olive oil Tzadziki Sauce Greek Potato Wedges Fruit 2% Milk
MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
Fettuccini Alfredo* w/ Chicken and Fresh Broccoli Three Bean Salad Dessert 2% Milk	Baked Beef Burritos/ Salsa/Sour Cream* Mexican Rice Veggie Fruit (C Rich) 2% Milk	Chicken Tenders Mac and Cheese* Veggies Fruit Lo Cal Dessert 2% Milk	Whole Wheat Thin Crust Cheese Pizza Fresh Broccoli Parmesan Fruit Brownie 2% Milk	Ramen Noodle Bowls w/ Chicken Green Onions, Shredded Carrots Fruit Dessert 2% Milk
MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
Sloppy Joes Cream of Broccoli Soup w/ crackers Veggie* Fruit (C Rich) 2% Milk	Baked Mostacioli w/ meatsauce Warmed Garlic Brushed Rolls Veggie Fruit (C Rich) 2% Milk	Grilled Chicken B.L.T. Sandwich on hamburger bun (tomato, on side) Baked Hand Cut Potato Chips Fruit Lo Cal Dessert 2% Milk	Cheese Quesadillas Refried Beans Veggie Fresh Salsa/Sour Cream* Fruit 2% Milk	Pylan Estates E.V.O.O. Chicken Breast Limone Spinach Feta Rice Bread/Roll Dessert 2% Milk

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

McVaugh, RD, LDN

Elim Calorie Controlled School Lunch Menu- September 30 – October 25, 2024 (8/14/24)

MONDAY Sept 30	TUESDAY Oct 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
Chicken Breast-2 oz. Mash Potato-1/2 c. Veggie-1/2 c. Wheat Roll-1 Diet Jelly-1 tsp Fruit-1/2 cup Skim Milk	Thick Cut Challah Bread French Toast-1 Lite Syrup-1 T. Turkey Sausage-2 oz. Fruit -1/2 cup Skim Milk	Chili -1 ½ cup Veggie-1/2 cup Rice-1/2 cup Fruit -1/2 cup Skim Milk	Black Angus burger-2 oz/ Bun (small) Lettuce/ Tomato/ Tater Tots*-1/ 2 cup Fruit-1/2 cup Skim Milk	Baked Ziti Garden Salad-dressing * Bread Stick-1 small Fruit-1/2 cup Skim Milk
MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
Baked Battered Fish-3 oz Baked Fries-1/2 cup Cole Slaw*- (A Rich)- 1/3 cup Fruit-1/2 cup Skim Milk	Sandwich w/ 2 oz.- turkey, ham, cheese*, lettuce, tomato/mustard Carrots-1/2 cup Cream of Chicken Soup*-1/2 cup Skim Milk	Chicken-1 oz. Tinga Tacos-1 tortilla Tomatoes, Cheese*- 1 oz., Sour Cream-1 T.*, Fresh Salsa Roasted Mexican Potatoes-1/2 cup Fruit-1/2 cup Skim Milk	Cavatappi-1/2 cup w/Meatball-2oz. Garlic Roll-1 small Veggie-1/2 cup Fruit-1/2 cup Skim Milk	Meat -1 1/2 oz , Feta- 1/2 oz, Pita-1 w/ tomato, cucumber, sauce Potato Wedges-1/2 c. Fruit-1/2 cup Skim Milk
MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
Fettuccini -1 cup Alfredo* w/ 2 oz. Chicken and Fresh Broccoli Bean Salad-1/4 cup Fruit-1/2 cup Skim Milk	Beef Burritos-1/ Salsa/Sour Cream*-1 T. Mexican Rice-1/2 cup Corn-1/3 cup Fruit-1/2 cup (C Rich) Skim Milk	Chicken Tenders-2 oz. Mac and Cheese*- 3/4 cup Veggie-1/2 cup Fruit-1/2 cup Skim Milk	Whole Wheat Thin Crust Cheese Pizza-1 med. Broccoli*-1/2 cup Fruit-1/2 cup Bread Stick-1 small Skim Milk	Ramen Noodle-3/4 c. w/ Chicken-2 oz. Green Onions, Shredded Carrots-1/2 c. Fruit-1/2 c. Skim Milk
MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
Sloppy Joe-2oz. on Bun Macaroni Salad-1/4 cup Veggie-1/2 cup Fruit-1/2 cup Skim Milk	Mostacioli-1 cup Garlic Bread-1 small Veggie (A Rich) Fruit-1/2 cup Skim Milk	Grilled Chicken-2 oz on hamburger bun (lettuce, tomato) Baked Hand Cut Potato Chips-1/4 cup Fruit-1/2 cup Skim Milk	Cheese Quesadillas-1 Refried Beans*-1/4 cup Veggie-1/2 cup Fresh Salsa Sour Cream*-1 Tbsp 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

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

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