

# Reid Temple Christian Academy Lunch Menu

# October 2017

Mon	Tue	Wed	Thu	Fri
2 Fried chicken Fritters Straight OR Crinkled OR Sweet potato fries Honey mustard, ketchup Tossed salad mixed w/ romaine hearts Hand shredded carrots, sliced Cucumbers, chopped vine ripe tomatoes served w/variety dressings Cold tropical fruit cups topped w/strawberries, papaya ****MILK*****	3 Zesty pine-ginger meatballs Steamed Jasmine rice OR brown rice w/quinoa, Oven roasted curry riced cauliflower, gravy Stir fry kale, green beans and carrots Garden salad w/ variety dressings Fresh cara orange smiles, tri color grapes	4 Baked lemon chicken Creamy herbed mashed potato OR Old fashioned mac & cheese, gravy 50/50 salad mix w/romaine lettuce, Tomatoes & cucumbers w/dressings, hand shredded carrots, Cinnamon applesauce infused w/pureed Mango, topped w/sugared strawberries ****MILK*****	5 PIZZA- 4 cheeses, supreme Pepperoni, 3 meats, Sliced Challah bread w/spinach & Cheese, Veggie soup, Fresh cinnamon donut rounds, Garden vegetable soup, OR Tomato soup. Baby spinach mixed w/ baby lettuce, carrots, cucumbers, tomatoes Fresh peeled pineapples, blueberries, and kiwi, cantaloupe	6 BBQ chicken wings Crinkled OR Straight fries Honey mustard, Ketchup Tossed salad w/ Variety dressings Sliced peaches, grapes, strawberries Frozen popsicles, ****MILK*****
9 *****NO SCHOOL***** *****COLUMBUS DAY*****	10 Brown Betty spaghetti Chunky meat sauce w/ meatballs Baguette sticks, Steamed mixed veggies Mesclum salad w/ romaine lettuce, carrots, grape tomatoes, cucumbers, Tri color grapes, cantaloupe Yellow/green string beans w/ carrots	11 Sweet & sour sesame chicken, Basmati rice, Yellow rice, gravy, Steamed sweet corn w/KALE Garden salad w/ vine ripe tomatoes, baby spinach & shredded carrots Mango-sugared applesauce topped w/fresh strawberries ****MILK*****	12 Hand tossed fish, Parsnip-potato mashed w/brown butter topped w/green onions, Steamed peas, carrots mix Salad bar w/ variety dressings Fresh pineapple chunks w/variety berries **Chicken for those allergic**	13 Twiced dipped fried chicken wings French fries, sweet potato fries Tossed salad w/ vinaigrette dressing Rainbow Italian icy Sliced peaches, apples & topped w/fresh strawberries ****MILK*****
16 Chicken Nuggets Crinkled OR Straight fries Honey mustard OR ketchup Chef salad + spinach w/ dressing Topped w/hand shredded carrots, cucumbers, tomatoes. ***MILK****	17 PIZZA! PIZZA! PIZZA 4 cheeses, supreme, 3 meats, spinach Pepperoni, fresh baked cookies Hearty vegetable soup Tossed salad w/ dressing Fruit cocktail w/ fresh strawberry	18 Baked boneless, skinless chicken, Steamed Jasmine rice OR Yellow rice w/brown butter gravy, Steamed mixed veggies w/ fresh kale, Garden salad w/ variety dressings, Mango-berry applesauce****MILK*****	19 Lasagna-Meaty OR Veggie, Warm buttered bread sticks, Noodle w/alfredo Steamed peas & carrots veggie mix Spinach, romaine lettuce salad topped w/cut grape tomato w/dressings Cold Mixed fruit salad	20 Fried fish OR Fried chicken Crinkled OR straight fries Ice cream delight w/ sprinkles Garden salad w/ roma tomatoes, Shredded carrots & cucumbers Fresh apple slices + strawberry****MILK*****
23 LASAGNA Meaty OR Veggies Buttered French Baguette bread-sticks Steamed string beans w/ carrots Chunky meaty sauce Garden salad w/ dressings Cold tropical fruit cups w/fresh blueberries****MILK*****	24 Hand tossed fried chicken wings Steamed sweet Basmati rice OR Yellow rice w/****RED QUINOA****, gravy****HIMALAYAN SALT**** Stir fry green & white string beans w/ carrots, Oven roasted Brussel sprouts Sliced pears, fresh green & red apple Slices topped w/black grapes	25 Spaghetti & meatballs Buttered garlic breadsticks Peas, corn carrots veggie medley Baby greens w/ chopped romaine lettuce, vine ripe tomatoes, cucumbers w/variety dressings Cinnamon applesauce topped w/fresh blueberries****MILK*****	26 Chicken Nuggets Straight, sweet potato, OR Crinkled fries, Honey mustard, ketchup, ****RAINBOW KALE, mixed w/hand shredded Brussel sprouts, Carrots, tomatoes, cucumber, lettuce Tropical fruit cups w/strawberries	27 PIZZA GALORE 4 cheeses, Supreme Pepperoni, 3 meats, buttered croissants w/ spinach & cheese Fresh baked cookies Garden salad w/ variety dressings Frozen Italian icy treat Cold diced pears w/ strawberry ****MILK*****
30 Crunchy chicken fingers Waffles w/ warm maple syrup Garden salad w/ variety dressings Sweet Georgia peach slices topped w/ fresh strawberries, black grapes ****MILK****	31 Wide egg noodles w/ Brown gravy meatballs OR Alfredo sauce Shrimp Alfredo, Steamed mixed veggies, Tossed salad w/dressing, Fresh hand cut pineapples topped w/ fresh strawberries, green grapes	****LET US KNOW WHAT YOU THINK OF OUR NEW ADDED ROASTED VEGGIES. A DIFFERENT TOUCH TO GET THOSE VEGGIES IN*****	****WE ARE NOW COOKING WITH HIMALAYAN PINK SALT. REALLY MAKES A DIFFERENCE IN OUR FLAVORS*****	