

Reid Temple Christian Academy Lunch Menu

January 2018

Mon	Tue	Wed	Thu	Fri
1 NO SCHOOL NEW YEAR'S DAY	2 WELCOME BACK STUDENTS!!!! Crunchy chicken Nuggets Golden Tater Tots, Straight, Crinkled Fries Honey mustard, Ketchup Fresh baby greens w/romaine lettuce, baby spinach, cucumbers, beefsteak tomatoes, dressing Fresh green, red, black frapes topped w/sweet strawberries	3 "CULTURAL CROSS-OVER" Parmesan crusted fried Tilapia Creamy mac & cheese, Steamed BASMANTI Rice, Gravy, Steamed mixed veggies w/sweet kale, carrots 50/50 super greens mix w/romaine lettuce, tomatoes, carrots, cucumbers Brown sugared cinnamon applesauce **Fried chicken for those allergic**	4 Brown betty spaghetti Meatballs in chunky tomato sauce Buttered French baguette sticks Steamed corn w/hand shredded carrots Tossed salad w/vine ripe tomatoes, cucumbers, spinach & dressing Fresh cantaloupe & melon chunks topped w/fresh sliced strawberries ****Adding Swedish meatballs w/ Broad buttered egg noodles****	5 Honey Dipped fried chicken wings Ketchup & Honey mustard Waffles-plain, red velvet, chocolate chip, cinnamon w/warm maple syrup. Fresh green salad w/variety salad dressings, French vanilla ice cream cup, Tropical fruit cup topped w/ fresh papaya/pineapples.
8 LASAGNA Meaty OR Veggie w/sauce OR noodles Steamed corn, peas, carrots Buttered fresh baked baguette sticks Fresh baby greens w/ romaine lettuce cucumbers, tomatoes & vinaigrette dressing Cold fruit cocktail w/strawberry	9 Zesty Orange ginger peach meatballs ***JUBLILEE WHOLE GRAIN RICE w/gravy OR Jasmine Rice, Steamed mixed veggie, carrots, spinach, string beans Chef salad w/ variety dressings Fresh apple slices, orange smiles topped w/ strawberries and grapes	10 JAMAICA NO PROBLEM DAY Curry, Brown stew, Jerk OR Baked chicken, Stewed Oxtails w/spinners Rice & Peas, OR Plain Rice, gravy Stir fry cabbage + veggies w/carrots Baby greens w/romaine lettuce & tomatoes + dressing, White rice w/gravy Cinnamon applesauce w/strawberries	11 Fried chicken fingers Crinkled OR Straight fries Ketchup Honey Mustard 50/50 romaine mix w/ spinach, carrots, cucumbers, tomatoes. Fresh assorted fruits w/ tri color grapes	12 PIZZA! PIZZA! PIZZA! 4 Cheeses, Pepperoni, Supreme Sausage, Spinach & Extra cheese Tossed salad w/ vinaigrette dressing Cold pineapple chunks w/strawberries & fresh mandarin oranges slices Frozen variety fruit sticks
15 NO SCHOOL MLK DAY	16 Boneless chicken chunks w/Orange-ginger marmalade sauce Steamed Jasmine rice OR Yellow rice, gravy, Stir fry string beans w/ carrots Tossed salad w/dressings Tri color grapes, blueberries, oranges	17 LASAGNA Meaty OR Veggie lasagna, noodles Buttered French baguette breadsticks Steamed mixed veggies Garden salad w/ dressing Strawberry applesauce w/cinnamon	18 Fried chicken wings, Rice pilaf, Herbed mashed potatoes w/gravy Steamed fresh corn, carrots, peas Baby greens w/lettuce + dressing Fresh pineapple slices w/fresh apple slices	19 All American Hot dog OR bacon wrapped hot dog on a bun Crinkled, Straight OR Seasoned fries Turkey chili, chopped onions, melted cheese, Ice cream delight Tossed salad w/dressings Cold tropical fruit cups, green grapes
22 Chicken Nugget Straight OR Crinkled fries 50/50 salad mix w/ spinach, shredded carrots, cucumbers & sliced tomatoes Honey mustard Ketchup Cold fruit cocktail cups w/ grapes	23 Pineapple ginger saucy meatballs Oven Roasted tri color potatoes OR yellow rice mixed w/brown rice & quinoa, gravy Stir fry sweet kale, carrots & Brussel sprout mix Fresh cara cara orange smiles + apples wedges topped w/green grapes	24 Grilled boneless/skinless chicken Old school mac & cheese, Rice Gravy, Steamed corn, peas & carrots Fresh shredded kale/Brussel sprouts mix in the house salad House salad w/dressings Strawberry cinnamon applesauce	25 Tuna melt on NAAN Bread, Turkey & cheese melt; Grilled cheese sandwich Tomato OR Veggie soup w/croutons Fresh baked sugar or chocolate chip cookie; ***Plain turkey sandwiches*** Fresh Garden salad w/dressings Fresh pineapple chunks, strawberries & grapes	26 Sweet succulent BBQ Wings Straight and Crinkled, sweet potato fries, Ketchup, Honey mustard Tossed garden salad w/ dressing Peaches & Strawberries topped w/blueberries, Ice cream cups
29 Crispy chicken fingers Creamy mashed potatoes, white rice Gravy, Steamed corn w/ carrots Garden salad, romaine lettuce, carrots Fresh oranges slices, strawberries, tir-color grapes	30 All American beef, chicken, OR veggie burger On a bun, Tater tots, crinkled OR straight fries Sliced cheese, bacon, ketchup, honey mustard Spring garden salad w. lettuce, carrots, tomatoes cucumbers, Variety salad dressings, Fresh hand cut pineapples, blueberries, grapes	31 Sesame Orange boneless chicken breast Steamed Jasmine OR Yellow Rice, gravy, Buttered steamed mixed veggies ***GREEN GRANNY SIPPERS*** Mango infused sugared cinnamon applesauce topped w/fresh mango	****JUBILEE RICE CONSISTS OF: BROWN RICE, RED QUINOA, BLACK RICE ALL WHOLE GRAIN MIX**** OUR GREEN GRANNY SIPPERS ARE JUST REFRESHING****	****NAAN BREAD IS VERY FILLING. TRY IT WARM AND BRUSHED W/MELTED BUTTER AND SOME FRESH PARSLEY AND GARLIC MIX... YUM****

Reid Temple Christian Academy Lunch Menu

January 2018