

Reid Temple Christian Academy Lunch Menu

November 2017

Mon	Tue	Wed	Thu	Fri
		1 Zesty Orange sesame chicken Jasmine rice, gravy, Yellow rice Tossed salad w/dressings, gravy, mixed veggies w/ hand shredded broccoli Sugared cinnamon applesauce topped w/fresh strawberries	2 All American hot dog on a bun Crinkled, Straight fires, Turkey chili Warm cheese sauce, Bacon wrapped hot dogs, Garden salad/dressings Fresh pineapple chunks, cantaloupe, black grapes.	3 *****NO SCHOOL*****
6 Fried chicken wings Steamed fluffy Jasmine & yellow rice Gravy, Stir fry veddies w/ kale Garden salad w/ dressin Cold fruit cocktail w/strawberry	7 Spaghetti w/ Tumeric, Alfredo sauce Saucy meatballs in chunky sauce Sweet corn & carrots mix Buttered Garlic bread sticks Tossed salad w/Kale & dressings	8 Baked Jumbo chicken wings Steamed buttered Jasmine rice OR Yellow rice w/quinoa, gravy Shredded broccoli, carrots, Brussel sprouts Garden Kale salad w/ dressings, Applesauce infused w/cinnamon, mango	9 PIZZA 4 cheeses, pepperoni Supreme, 3 meats, spinach & cheese Full bodied garden vegetable OR tomato soups, fresh baked cookies Garden salad w/dressings Fresh strawberry w/ kiwi slices, oranges	10 *****VETERAN'S DAY**** *****NO SCHOOL*****
13 Chicken Nuggets Crinkled/ Straight and Sweet potato fries, Honey mustard, Ketchup Tossed salad w/ vinaigrette Cold peaches w/fresh strawberries	14 Baked Peach mustard meatballs Creamy mac & cheese OR Buttered rice, Brown skillet gravy Steamed string beans w/ shredded carrots 50/50 greens w/romaine lettuce & dressing Orange smiles w/green & red grapes	15 JAMAICA!!!!NO PROBLEM Stew chicken OR Curry Chicken w/ root veggies & hand spun dumplings, gravy Rice & peas OR Fluffy white rice Steamed carrots, cabbage, string beans Baby greens w/romaine lettuce, shredded carrots Sugared cinnamon applesauce topped w/blueberries	16 LASAGNA Meaty OR Veggie OR Noodles w/ Alfredo sauce, chunky meatless sauce Buttered French baguette sticks Steamed mixed veggies Garden salad w/dressing Cold tropical fruit cups w/blueberries	17 PIZZA MAMMA MIA!!!! 4 cheeses, Sausage flat bread Pepperoni, Fresh baked cookies 3 meats supreme, Veggie Soup Shredded cheese, tomatoes w/spinach Ice cream w/ rainbow sprinkles Tossed salad w/ dressing Cold fruit cocktail w/green grapes
20 Fried chicken wingetts Crinkles OR Straight fries Honey mustard & ketchup Tossed salad w/ vinaigrette dressing Cold Tropical fruit cups topped w/strawberries, blueberries	21 Baked Turkey stuffed with fresh Herbs, OR Jerk turkey bites Fluffy Jasmine OR yellow rice w/ gravy, Cranberry Sauce Creamy cheesy mac & cheese Sweet potatoes w/ marshmallow Steamed sweet corn, carrots, peas mix Garden salad w/ dressings Apple/peach cobbler , Ice cream Sliced oranges w/ strawberries/grapes	22 ***THANKSGIVING HOLIDAY*** ***NO SCHOOL*****	23 ****THANKSGIVING HOLIDAY**** *****NO SCHOOL*****	24 ****THANKSGIVING HOLIDAY*** *****NO SCHOOL*****
27 LASAGNA- Meaty OR Veggies, Chicken Alfredo Baked buttered French baguette sticks Steamed Normandy veggie mix Garden salad w/ spinach & dressings Mixed fruit topped w/strawberries	28 Sweet & Sour chicken OR Pork Veggie fried rice, One bite egg roll Steamed white rice, Stir fry veggies 50/50 salad mix w/romaine lettuce carrots, cucumbers w/dressings Fresh pineapple w/green grapes & Strawberries	29 BBQ Meatballs Creamy herbed mashed potatoes Steamed Jasmine rice, Gravy Steamed broccoli & Carrots mix Tossed salad w/dressings Cinnamon applesauce infused w/mango topped w/Fresh Strawberries.	30 Fried chicken nuggets Straight, Sweet potato, Crinkled fries Honey mustard, Ketchup Mesculum spring mix w/ romaine Lettuce, carrots Cold tropical fruit cups w/ papaya	