

Reid Temple Christian Academy Lunch Menu

January 2019

Mon	Tue	Wed	Thu	Fri
<p>****INTRODUCING BLOOD ORANGES. LOOKS VERY RED, BUT TASTE LIKE ORANGE...TRY JUICING IT...QUITE DELICIOUS**</p>	<p>1</p> <p>*****NO SCHOOL*****</p> <p>*****NEW YEAR DAY*****</p>	<p>2</p> <p>***** NO SCHOOL*****</p>	<p>****WELCOME BACK STUDENTS****</p> <p>Peach ginger meatballs w/ fresh peach slices, Steamed sweet Jasmine rice, Yellow quinoa rice, gravy, Stir fry green beans hand shredded carrots, kale</p> <p>****Blood orange wedges, green grapes, cantaloupe slices*****</p>	<p>4</p> <p>Honey Dipped fried chicken wings Ketchup & Honey mustard Straight, tater tots, crinkled fries. Fresh green salad w/variety salad dressings, French vanilla ice cream cup, Tropical fruit cup topped w/ fresh papaya/pineapples.</p>
<p>7</p> <p>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</p>	<p>8</p> <p>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</p>	<p>9</p> <p>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 Cinnamon applesauce w/strawberries</p>	<p>10</p> <p>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</p>	<p>11</p> <p>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</p>
<p>14</p> <p>Crunchy chicken Nuggets Excalibur extra crunchy straight fries, Crinkled fries, Ketchup & Honey mustard Spring garden salad w/ variety dressing Cold tropical fruit cups w/ blueberries</p>	<p>15</p> <p>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</p>	<p>16</p> <p>Brown Betty spaghetti w/ saucy meatballs Buttered French baguette breadsticks Steamed mixed veggies, Alfredo sauce Garden salad w/ dressing Strawberry applesauce w/cinnamon and topped w/ fresh apple slices & strawberry</p>	<p>17</p> <p>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</p>	<p>18</p> <p>All American Hot Dog OR bacon wrapped hot dog on a plain OR a potato bun Straight/crinkled fries Melted cheese, chili Garden Salad w/dressings Cold tropical fruit cups w/blueberries</p>
<p>21</p> <p>***** NO SCHOOL****.</p> <p>*****MLK DAY*****</p>	<p>22</p> <p>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 w/apple wedges topped w/green grapes</p>	<p>23</p> <p>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</p>	<p>24</p> <p>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</p>	<p>25</p> <p>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</p>
<p>28</p> <p>***** NO SCHOOL *****</p> <p>TEACHER'S WORK DAY</p>	<p>29</p> <p>All American beef, chicken, OR veggie burger on a bun, Tater tots, Crinkled, 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</p>	<p>30</p> <p>Sesame Orange boneless chicken breast Steamed Jasmine OR Yellow Rice, gravy, Buttered steamed mixed veggies ***GREEN GRANNY SIPPERS*** Tossed garden salad w/ variety dressings Mango infused sugared cinnamon applesauce topped w/fresh mango</p>	<p>31</p> <p>**Fried chicken for those allergic** ***CULTURAL CROSSOVER*** Parmesan crusted Swai fish, Creamy mac & cheese, Steamed BASMANTI rice, gravy, Steamed mixed veggies w/sweet kale & carrots, Garden salad, Fresh tropical cold fruit cups w/ berries</p>	<p>****GREEN GRANNY SIPPERS ARE QUITE DELISH. EXCELLENT SOURCE OF THOSE VITAL NEEDED VITAMINS*****</p>