

Reid Temple Christian Academy Lunch Menu

September 2018



All food cooked with peanut-free oil
 Daily servings of 100% Fruit Juice, Water, Milk-Mon; Wed; & Fri
 Dressings include: Vinaigrette, Golden Italian, Ranch, Honey mustard, Ceasar



Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
NO SCHOOL- LABOR DAY	Rich & saucy meatballs w/spaghetti, Corn, carrots, kale mix; Baguette buttered bread sticks, Alfredo sauce Garden salad w/dressings Cold peach slices, grapes Strawberries	Halal chicken Nuggets Crinkled, Straight OR Seasoned fries, Garden salad w/carrots Cinnamon applesauce w/ strawberries	PIZZA!! Pepperoni, 4 cheeses, vegetable soup Fresh tomatoes soup Fresh baked cookies Tossed salad w/ dressings Fresh oranges, green & red apples, strawberries	Twice dipped chicken wings Waffles- Plain, chocolate strawberry; Warm maple syrup; Tropical fruit cups, Garden salad w/dressings Rainbow Italian Icy
10	11	12	13	14
Zesty Pine-ginger meatballs Steamed white rice OR Buttered yellow rice w/tumeric Green/white string beans Carrots/corn, Garden Salad Cold fruit cocktail w/grapes	Lasagna-meaty, veggie, spaghetti w/sauce, Garlic bread sticks, green beans & carrots, 50/50 salad mix, carrots cucumbers, w/dressings Fresh oranges smiles, grapes, w/strawberry	Grilled boneless, skinless chicken Stove top mac & cheese OR steamed plain rice, gravy Steamed corn w/carrots Garden salad w/cucumbers & tomatoes & dressing Strawberry Applesauce	Ultimate grilled cheese OR Ultimate turkey plain or w/cheese, patties w/coco bread Veggie soup, fresh baked cookies Chef salad w/dressings Diced pears, & peaches	Fried chicken wings Straight/crinkled fries Baby greens w/romaine lettuce & carrots w/dressing Fruit Cocktail, Ice cream delight w/sprinkles
17	18	19	20	21
Popcorn chicken bowl w/ rice, shredded cheese, gravy, Garden salad w/dressings, corn, carrots Cold fruit cocktail topped w/ orange slices	Panko Fried Tilapia strips w/tartar sauce***Wings for those allergic**** Crinkled/straight fries Baby greens w/romaine lettuce, carrots w/dressings Fresh crisp grapes, apples strawberries	Peach & ginger meatballs, Steamed Jasmine OR Yellow rice, gravy, corn, peas & carrots mix 50/50 salad w/dressings Applesauce w/ cinnamon & strawberries	BREAKFAST 4 LUNCH Pancakes, French toast, Waffles, warm maple syrup, Eggs, sausages, bacon, oatmeal, cinnamon apples VEERY BERRY SMOOTHIE Small salad w/dressings	BBQ chicken wings French, sweet potato fries Tropical fruit cups w/fresh papaya, pineapples Tossed salad w/ vinaigrette Rainbow Italian ice
24	25	26	27	28
Chicken Nuggets Crinkled OR Shoestring fries Garden salad w/ dressing Mandarin oranges, pears, peaches, pineapples top w/blueberries	Brown Betty yellow spaghetti Rich & saucy meatballs Buttered French baguette Steamed shredded carrots, peas, corn salad w/ dressings Fresh green/red apples, oranges, strawberries	Chicken lo mein w/ broccoli, carrots, spring rolls w/duck sauce Chef salad w/ dressings Fresh strawberries w/cinnamon applesauce	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	PIZZA!!PIZZA!!! 4 Cheeses, Pepperoni Thinly sliced bagels w/ spinach & mozz. Cheese Supreme Pizza, Chef salad w/dressing Ice Cream w/sprinkles

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