

ABUNDANT LIFE CHRISTIAN SCHOOL LUNCH MENU DECEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 Mini Turkey Corn Dogs with WW Dinner Roll OR BBQ Pork Rib on a WG Bun Oven Baked French Fries Baked Beans	4 Chicken Nuggets Mashed Potatoes & Gravy California Blend Cherry Tomatoes WG Dinner Roll	5 Whole Grain Pasta with Meat Sauce – WG Lite Garlic Bread OR Fish on a WW Bun Garden Peas Fresh Baby Carrots	6 Big Daddy Whole Grain Cheese, Pepperoni Pizza, BBQ Chicken Pizza OR Cheeseburger - WW Bun Romaine Blend Baby Carrots	7 Toasted Ham & Cheese Sandwich on WW Panini Bread OR Macaroni & Cheese Broccoli Cucumbers
10 Cheese Omelet Cinnamon Roll Curried Potatoes Veggie Juice Cherry Tomatoes	11 Beef Gyro with Tzatziki sauce OR Three Cheese Calzone Cucumbers Tomatoes	12 Chicken Strips OR Spicy Chicken Strips Oven Baked French Fries Steamed Broccoli WW Dinner Roll	13 WG Cheese Bites OR Chicken Patty – WW Bun Romaine Salad Garden Peas	14 Turkey Dog On a WW Bun OR Hamburger On a WW Bun OR BBQ Rib On a WG Bun Cole Slaw Broccoli
17 Orange Chicken OR Grilled Chicken Strips Fried Vegetable Rice NEW Sicilian Vegetables Cherry Tomatoes	18 Soft Shell Taco's OR Tortilla Chips with Taco Meat OR Hamburger on WW Bun Shredded Lettuce Refried Beans Mini Muffin	19 Chili with Garlic Bread OR Sloppy Joe on WW Bun Baby Carrots Celery Baked Chips	20 Big Daddy Whole Grain Cheese, Pepperoni Pizza, BBQ Chicken Pizza OR Turkey Dog - WW Bun Romaine Blend Baby Carrots	21 Turkey Dog On a WW Bun OR Hamburger On a WW Bun OR BBQ Rib On a WG Bun French Fries Broccoli
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31 HAPPY	 NEW	 YEAR!	Elementary \$2.60 MS/HS \$3.10 Milk \$.45 *Extra Slice Pizza \$1.50 *Entrée Only \$2.25 Staff Meal \$3.75 Cookie \$.55 SM/HS	ALCS Offers Federal Free & Reduced Lunch Program This institution is an Equal Opportunity Provider

Fruit Choice and Milk included with each meal daily. Low fat 1% White - Skim white or 1% chocolate. Salad Bar & Grab n Go Lunch offered Daily.