


ABUNDANT LIFE CHRISTIAN SCHOOL LUNCH MENU JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	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	2 LAST DAY OF CHRISTMAS BREAK	3 Big Daddy Whole Grain Cheese, Pepperoni Pizza, BBQ Chicken Pizza OR Cheeseburger - WW Bun Romaine Blend Baby Carrots	4 BBQ Pulled Pork OR Seasoned Sliced Beef On a WW Bun Hash Brown Potatoes Garden Peas 100% Juice Slushy
7 Mini Turkey Corn Dogs with WW Dinner Roll OR BBQ Pork Rib on a WG Bun Oven Baked French Fries Baked Beans	8 Chicken Nuggets Mashed Potatoes & Gravy California Blend Cherry Tomatoes WG Dinner Roll	9 Whole Grain Pasta with Meat Sauce – WG Lite Garlic Bread OR Fish on a WW Bun Garden Peas Fresh Baby Carrots	10 Wild Mikes Cheese Or Pepperoni Pizza Or Chicken Patty on WW Bun Romaine Garbanzo Beans	11 Toasted Cheese Sandwich OR Macaroni & Cheese Cole Slaw Cucumbers
14 Cheese Omelet Cinnamon Roll Curried Potatoes Veggie Juice Cherry Tomatoes	15 Beef Gyro with Tzatziki sauce OR Three Cheese Calzone Cucumbers Tomatoes	16 Chicken Strips OR Spicy Chicken Strips Mashed Potatoes & Gravy Steamed Broccoli WW Dinner Roll	17 WG Cheese Bites OR BBQ Rib – WG Bun Romaine Salad Garden Peas	18 Turkey Dog On a WW Bun OR Hamburger On a WW Bun OR BBQ Rib On a WG Bun Baby Carrots Steamed Broccoli
21 NO SCHOOL MARTIN LUTHER KING DAY	22 Soft Shell Taco's OR Tortilla Chips with Taco Meat OR Hamburger on WW Bun Shredded Lettuce Refried Beans Mini Muffin	23 Teriyaki Chicken Bites OR Chana Masala NEW Brown Rice California Blend WW Dinner Roll	24 Big Daddy Whole Grain Cheese, Pepperoni Pizza, BBQ Chicken Pizza OR Turkey Dog - WW Bun Romaine Blend Baby Carrots	25 Chicken Patty OR Spicy Chicken Patty OR Grilled Chicken On a WW Bun French Fries Broccoli
28 Orange Chicken OR Grilled Chicken Strips Brown Rice Sicilian Vegetables Cherry Tomatoes WW Dinner Roll	29 Sliced Ham Au gratin Potatoes Broccoli WW Dinner Roll	30 Teriyaki Chicken OR Chana Masala (Indian Recipe) Brown Rice California Blend Mini Muffin	31 Big Daddy Whole Grain Cheese, Pepperoni Pizza, BBQ Chicken Pizza OR Hamburger - WW Bun Romaine Blend Baby Carrots	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.