










ABUNDANT LIFE CHRISTIAN SCHOOL LUNCH MENU MARCH 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>ALCS Offers Federal Free & Reduced Lunch Program This institution is an Equal Opportunity Provider</p>	<p>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</p>			<p>1 BBQ Pulled Pork OR Seasoned Sliced Beef On a WW Bun Au Gratin Potatoes Garden Peas 100% Juice Slushy</p>
<p>4 Mini Turkey Corn Dogs with WW Dinner Roll OR BBQ Pork Rib on a WG Bun Oven Baked French Fries Baked Beans</p>	<p>5 Soft Shell Taco's OR Tortilla Chips with Taco Meat OR Chicken Patty Shredded Lettuce Refried Beans Mini Muffin</p>	<p>6 Ham & Cheese Sub OR Turkey & Cheese Sub Sweet Potato Fries Cucumbers, Onion, Green Pepper, Tomato, Romaine and Pickles</p>	<p>7 Whole Grain Cheese Pizza Pepperoni Or Chicken Pizza Or Chicken Patty on WW Bun Romaine Garbanzo Beans</p>	<p>8 Chicken Nuggets Mashed Potatoes & Gravy California Blend Cherry Tomatoes WG Dinner Roll</p>
<p>11 BBQ Rib OR Fish On a WW Bun Sweet Potato Fries Cucumbers, Tomato, and Pickles</p>	<p>12 Cheese Omelet Cinnamon Roll Curried Potatoes Veggie Juice Cherry Tomatoes</p>	<p>13 Chicken Strips OR Spicy Chicken Strips Mashed Potatoes & Gravy Steamed Broccoli WW Dinner Roll</p>	<p>14 Whole Grain Cheese, Pepperoni Pizza, BBQ Rib – WG Bun Romaine Salad Garden Peas</p>	<p>15 Toasted Cheese Sandwich OR Macaroni & Cheese Cole Slaw Cucumbers</p>
				
<p>25 Chicken Patty OR Spicy Chicken Patty OR Grilled Chicken On a WW Bun Broccoli Tomato Soup</p>	<p>26 Cheese Quesadilla OR Chicken Quesadilla Salsa Tortilla Chips Corn</p>	<p>27 Turkey & Gravy with WW Dinner Roll OR Meatball Sub Mashed Potatoes Gravy Steamed Broccoli</p>	<p>28 WG Cheese Bites OR Hamburger - WW Bun Romaine Blend Baby Carrots</p>	<p>29 Chili OR Chicken Drumstick WG Garlic Bread French Fries Celery Tulip Cookie</p>

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.