



Lakeland Christian Academy - January 2018

Monday

Tuesday

Wednesday

Thursday

Friday

Happy New Year!!		1		Student Holiday		2		3		4		5							
> Veggie "Fried" Rice with Grilled Chicken		8		> Meatballs Romano & Penne Pasta		9		> "Oven-Fried" Chicken		10		> Baked Steak Fritters & Brown Gravy		11		> Shredded Chicken Tostada		12	
> Charbroiled Burger w/Cheese		chef hot veggie selection		fresh baked whole grain roll		fresh-cut salad greenz' & fresh veggies		over whole grain waffles/syrup		bit of garlic cut green beans		mashed "3-potato" medley		topped with taco salad greenz'		frijoles y elote (corn)		on whole grain bagel	
> Baked Vegetable & Cheese		fresh raw veggie sticks		> Deep Dish Pizza Selections on Whole Grain Crust-v		parmesan cauliflower & broccoli		> Chopped Beer Sandwich		red beans and rice NOLA-style		> Grilled Cheese'wich on Whole Wheat Oat Bread-v		herbed peas & carrots		> Beef Enchiladrito topped with Queso Ranchero		fresh-cut seasonal melon wedges	
whole wheat burger bun, burger fixins		seasonal fresh fruit		> Garlic "Parm" Chicken Wings		chilled mixed fruit		> Grilled Fish Po' Boy		chilled peach slices		> Pasta "Prima Vera Toss"-v		rainbow gelatin cup		> Bean & Cheese Burrito-v		fresh baked cinnamon pastry	
oven baked crinkle cut potato "fries"								> Baked MAC and Cheese-v		(entrée or side item)		(entrée or side item)		Tex-Mex-style brown rice					
		15		> Homestyle Meatloaf Slice and Gravy		16		> Bistro Chicken "Alfredo" Pasta		17		> Signature Oven-Roasted Mississippi Brisket & Sauce		18		19			
Martin Luther King Jr Day				herbed carrot coins		fresh Caesar Salad with croutons		fresh baked whole grain roll		fresh fruit yogurt parfait		served with whole corn tortillas & Euro butter		cowboy "baked beans"					
				> BBQ Pulled Chicken		fresh corn		> Pepperoni or Garlic Cheese-v French Bread Pizza		Italian vegetable medley		> Turkey Dog/Chili/Cheese		fresh banana					
				smashed buttered red potatoes		seasonal fresh fruit		> Tex-Italiano Toast Griller-v		fresh fruit		> "Club" or Veggie "Club"-v		fresh baked cinnamon roll bites					
				> Baked Stuffed Peppers-v		fresh baked pineapple crumb bar						oven baked potato "tots"							
				(entrée or side item)								salad tortilla wrap							
> Chicken & Corn Chili		22		> Chicken Pomodoro Lasagna		23		> Mandarin Orange Chicken		24		> Savory Gravy Beef Steak		25		> Creamy King Ranch Chicken Enchiladas		26	
with Corn		steamed whole green beans		fresh baked garlic breadsticks		fresh-cut salad greenz' and veggies		brown rice		fresh-cut cucumber wedges		mashed "3-potato" medley		cucumber pico de gallo					
> American Cheeseburger		chilled mixed fruit		> Deep Dish Pizza Selections on Whole Grain Crust-v		Tuscan white beans		> Teriyaki Beef "Sloppy Joe"		chilled pineapple chunks		> Panko Crumb Baked Fish		hint of mint green peas		> Fajita "Steak" Taco		fresh red grapes bunch	
> Crispy Falafel "Burger"-v		bakery "surprise"		> Mozzarella Tomato Panini-v		strawberry applesauce		> Stir-Fry Veggie Rice w/Fennel-v		fresh baked apple oat bar		> Grilled TurkeyHam & Cheese or "Just Cheese"-v		seasonal fresh fruit		> Nacho Chips & Cheese-v		fresh baked cinnamon pastry	
whole wheat burger bun, burger fixins								Vegetable Egg Rolls-v				on Whole Wheat Oat Bread		Southwest pasta with confetti squash medley		ranchero pinto beans			
oven baked tater tots								sesame carrot and broccoli 'toss								fresh baked			
																cinnamon			
> Winter Beef Tips & Potatoes		29		> Smothered Southern Chicken in Gravy		30		> Classic Meatsauce & Rigatoni Pasta		31		> Chicken Corny Dog		1-Feb		> Shredded Brisket & Jack Whole Grain Quesadilla		2-Feb	
		oven baked waffle-cut "fries"		California veggie medley		fresh seasonal fruit selections		fresh Italian "chopped" salad		fresh fruit yogurt parfait		w/whole grain honey batter		bbq white beans		seasoned black beans		seasoned black beans	
> Breaded Chicken Breast Nugget Box		herbed crinkle-cut carrots		> Chicken-Fried Steak'wich		fresh seasonal fruit selections		> Chicken Parmesan Sub		bit of garlic cut green beans		MAC Daddy Chili Mac Pasta (with or without chili-v)		fresh-cut vegetable strips "salad"		> Baja Fish "Street Tacos"		fresh-cut seasonal melon	
> Fresh Fruit Bowl, Cheese Stick & Fruit Yogurt "Bento" Box-v		baked apple "cobbler-ish"		> Spicy Lentil Sliders-v		fresh baked w.g. peach bars		on Garlic Whole Grain Roll		fresh fruit		> Grilled Chicken Caesar Salad		pears & gelatin		> Nacho Chips & Cheese-v		Tres-Leches'ish whole grain banana cake	
fresh baked wheat breadstick				Russet baked potato 'halves				> Pepperoni or Cheese-v Whole Grain Pizza Slices				fresh baked whole grain soft roll				Tex-Mex-style brown rice			

daily deli 'wiches

turkey & Jack on a fresh baked whole grain roll

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turkeyham & cheddar on whole wheat oat bread

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chicken or tuna salad on whole grain bagel

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hummus or cheese and salad tortilla roll-up

daily deli salads

daily salad bar, or fresh salad greenz' box

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fresh-cut veggies with ranch & hummus box

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fresh-cut fruit salad box

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cheese & crackers with fresh fruit bowl

"snacks"

fresh baked whole grain cookies, muffins, and more

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only baked chips & bagged snacks

beverages

choices of milk

1%, skim, or flavored fat-free

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100% fruit juices

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bottled water

There is never any frying for this menu, only baking, roasting, grilling, steaming, or fresh-cut raw produce

Grain items are **fresh baked** whenever possible and we use only fresh or frozen vegetables

All "full" lunches are a choice of entrée plus the daily bakery and three sides

All sauces, beans, and as well as the majority of entrees are made in-house "from scratch"

This menu does not contain peanuts or peanut products, as well as items made from pork products



(V) indicates a nonmeat entrée