



March 2018 - Lakeland Christian Academy

Monday

Tuesday

Wednesday

Thursday

Friday

				> Savory Gravy Beef Steak > Panko Crumb Baked Fish <i>fresh baked</i> whole wheat roll > Grilled Turkey Ham & Cheese or "Just Cheese"-V Whole Wheat Bread	1 mashed "3-potato" medley hint of mint green peas seasonal fresh fruit	> Creamy King Ranch Chicken Enchiladas > Fajita "Steak" Taco > Nacho Chips & Cheese-V ranchero pinto beans Southwest pasta with confetti squash medley	2 cucumber pico de gallo fresh red grapes bunch <i>fresh baked</i> cinnamon pastry
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> Winter Beef Tips & Potatoes > Breaded Chicken Breast Nugget Box > Fresh Fruit Bowl, Cheese Stick & Fruit Yogurt "Bento" Box-V <i>fresh baked</i> wheat breadstick	5 oven baked waffle-cut "fries" herbed crinkle-cut carrots baked apple "crisp"	> Smothered Southern Chicken in gravy > Chicken-Fried Steak w/ich whole wheat burger bun, burger fixins > Spicy Lentil Sliders-V Russet baked potato 'halves	6 California veggie medley fresh seasonal fruit selections <i>fresh baked</i> peach & yogurt bars	> Classic Meatsauce & Rigatoni Pasta <i>fresh baked</i> whole grain roll > Chicken Parmesan Sub on Garlic Whole Grain Roll > Pepperoni or Cheese-V Whole Grain Pizza Slices	7 fresh Italian "chopped" salad bit of garlic cut green beans fresh fruit yogurt parfait	> Chicken Corny Dog herb sweet potato "home fries" MAC Daddy Chili Mac Pasta (with or without chili-v) > Grilled Chicken Caesar Salad <i>fresh baked</i> whole grain soft roll	8 bbq white beans fresh-cut vegetable strips "salad" pears & gelatin	> Shredded Brisket & Jack Whole Grain Quesadilla > Baja Fish "Street Tacos" w/corn tortillas, taco greenz' and salsa > Nacho Chips & Cheese-V Tex-Mex-style brown rice	9 seasoned black beans fresh-cut seasonal melon Tres-Leches'ish whole grain banana cake
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12	Spring Break				13	14	15	16
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> Veggie "Fried" Rice with Grilled Chicken > Charbroiled Burger w/Cheese > Baked Vegetable & Cheese PITA-V whole wheat burger bun, burger fixins oven baked "crinkle cut" potato fries	19 chef hot veggie selection fresh raw veggie sticks seasonal fresh fruit	> Meatballs Romano & Penne Pasta <i>fresh baked</i> whole grain roll > Deep Dish Pizza Selections on Whole Grain Crust-V > Garlic "Parm" Chicken Wings	20 fresh-cut salad greenz' & fresh veggies parmesan cauliflower & broccoli chilled mixed fruit	> "Oven-Fried" Chicken over whole grain waffles/syrup > Chopped BBQ Beef Sandwich > Grilled Fish Po' Boy > Baked MAC and Cheese-V (entrée or side item)	21 bit of garlic cut green beans NOLA 'style red beans chilled peach slices	> Baked Steak Fritters & Brown Gravy <i>fresh baked</i> whole wheat roll > Grilled Cheese w/ich on Whole Wheat Oat Bread-v > Pasta "Prima Vera Toss"-V (entrée or side items)	22 mashed "3-potato" medley herbed peas & carrots fresh grapes rainbow gelatin cup	Tostada topped with taco salad greenz' > Beef Enchiladarito topped with Queso Ranchero Sauce > Bean & Cheese Burrito-V Tex-Mex-style brown rice	23 frijoles y elote (corn) fresh-cut seasonal melon wedges <i>fresh baked</i> cinnamon pastry
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> Breaded Chicken Breast Nugget Box > Asian 'style Beef over Vegetable Stir-Fry Noodles > Cheddar & Potato Po' Boy-V fresh-cut vegetable sticks & dipper	26 confetti corn saute <i>fresh baked</i> wheat breadstick chilled pear slices <i>fresh baked</i> whole grain cookie	> Homestyle Meatloaf Slice and Gravy > BBQ Pulled Chicken <i>fresh baked</i> whole wheat roll smashed buttered red potatoes > Baked Stuffed Pepper-V (entrée or side item)	27 herbed carrot coins <i>fresh baked</i> whole corn seasonal fresh fruit <i>fresh baked</i> pineapple crumb bar	> Bistro Chicken "Alfredo" Pasta <i>fresh baked</i> whole grain roll > Pepperoni or Garlic Cheese-v French Bread Pizza > Tex-Italiano Toast Griller-V	28 fresh Caesar Salad with croutons Italian vegetable medley fresh fruit yogurt parfait			29	30
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**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 bow

**"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