



Lakeland Christian Academy

January 2020

MONDAY	WEDNESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 feliz ano nuevo	2	3
6	7 ~ 'State Fair' Corn Dog honey battered chicken dog ~ Campfire Chicken 'Bundle' baked foil packet w/roasted veggies Texas BBQ Baked Potato with cheddar and tangy sauce ** oven-baked tater tots TxLocal: chopped kale & cranberry salad TxLocal: local seasonal fruit banana pudding & wafers	8 ~ Baked Waffle Fry-chos beef-West Texas chili-cheese-'salad' ~ J's Marinated Chicken fresh baked oat roll-spinach-Jack cheese Toasted Cheese'wich on whole wheat bread ** seasoned green beans garden twist pasta & veggies housemade hummus & chips fresh seasonal fruit	9 ~ Bolognese Penne Pasta housemade meat sauce & mozzarella ~ Pizzeria Selections cheese, pepperoni, cheeseburger Eggplant 'Parm' Twister breaded veggie-sauce-mozzarella-bun ** Italian vegetable medley baked panko-crumb roma tomatoes fresh Roma salad w/white beans fresh seasonal fruit	10 ~ Baja Breaded Fish Tacos choice of tortilla, side of tropical pico ~ Beef 'Picadillo' Burrito beef-potatoes-cheese-taco salad Real Queso Nachos housemade cheese sauce & wg chips ** Tex-Mex brown rice with veggies housemade refried pinto beans taco greenz', fresh seasonal fruit carrot & spice cake bites
13 ~ Roast Turkey & Gravy served with fresh baked wheat roll ~ Charbroiled Hamburger on whole wheat bun w/LT/P House Veggie Burger bean trio, veggies, and seasoning ** oven baked potato wedges fresh-cut vegetable sticks fresh seasonal fruit chef's choice treat	14 ~ Southwest Baked Chicken w/smoky bbq sauce & corn tortillas ~ Rio Grande Torta Sandwich shredded beef, cheese, potatoes Real Queso Nachos housemade cheese sauce & wg chips ** housemade bbq white beans Southwest-style cabbage slaw TxLocal: local seasonal fruit West, Texas fruit kolache	15 ~ Spaghetti & Meat Sauce fresh baked ww garlic breadstick ~ Italian "Big Loaf" meat-cheese-veggies-oil/vinegar Deep Dish Cheese Pizza wg crust with housemade sauce ** zucchini cauliflower Parmesan lemon Ceasar side salad chilled fruit in juice fresh seasonal fruit	16 ~ Chicken Carnitas Chalupa on a crunchy whole corn tostada ~ Beef Nachos Supreme taco beef - wg chips - queso - 'salad' Cheese Quesadilla served with house fresh salsa ** Tex-Mex brown rice cilantro black beans fresh-cut taco greenz' & tomatoes fresh seasonal fruit	17 ~ Phoenix Greek Chicken a stir-fry over couscous brown rice ~ Rancher Hot Roast Beef on fresh baked wg roll with cheddar Mac & Cheese Bowl fresh baked wheat roll ** steamed green peas fresh cucumber wedges fresh 'cutie' oranges Friday wg treat
20 MLK DAY	21 ~ Texas Country Steak served with skillet white gravy ~ Smokehouse Chicken Sub on fresh baked wg roll with Jack cheese ~ Hill Country Bean Chili served with wg corn chips & cheddar ** real mashed potato medley TxLocal: honey roasted carrots TxLocal: local seasonal fruit 'cornflake' baked peaches	22 ~ Baked Lemon Chicken served vegetable brown rice & wg roll ~ 'Old School' Sloppy Joe on whole wheat burger bun Stuffed Baked Potato with broccoli & cheddar ** housemade black-eyed peas fresh spinach side salads chilled mandarin oranges fresh seasonal fruit	23 ~ Chicken Calzone Pocket with a side of housemade marinara ~ Pepperoni Pan Pizza with whole grain crust & housemade sauce Cheesy Rotini Lasagna fresh baked garlic bread 'knots' ** California vegetable medley Italian white beans fresh seasonal fruit upside-down tropical pineapple	24 ~ Brisket & Beef Mollette cheddar topped open-faced bolillo bun ~ Taco Chicken Salad shredded chicken-greenz'-cheese-chips Bean & Cheese Burrito with our housemade refried beans ** 'elote corn' & Tex-Mex brown rice oven roasted squash & potatoes fresh pico de gallo fresh seasonal fruit & Friday wg treat
27 ~ Breakfast for Lunch egg-turkey sausage-pancakes ~ J's Marinated Chicken fresh baked oat roll-spinach-Jack cheese Toasted Cheese'wich on whole wheat bread ** oven baked diced potatoes herb carrot saute fresh-cut veggie sticks fresh seasonal fruit	28 ~ Lone Star BBQ Chicken served with whole wheat bread ~ Chili Cheese Dog all beef frank on whole wheat coney Austin 'Soft Tacos' cheese enchiladas topped with queso ** smashed pinto beans TxLocal: cabbage slaw with corn TxLocal: local seasonal fruit cinnamon snickerdoodle cookie bites	29 ~ Pasta Shells & Meatballs with Pomodoro red sauce & wg garlic roll ~ Chicken 'Parm' Twister breaded chicken-sauce-mozzarella-roll Cheesy Pizza Bread on wg French bread ** Italian vegetable medley Ceasar side salad chilled fruit in juice fresh seasonal fruit	30 ~ Chicken 'Fried' Rice with shredded vegetables, eggroll ~ Breaded Steak Sandwich on fresh baked whole wheat roll w/LT/P Veggie 'Fried' Rice veggie medley & egg ribbons, eggroll ** ginger green beans fresh cucumber sticks pineapple chunks in juice rainbow gelatin cups	31 ~ Baked Veracruz-style Fish baked with tomatoes, served with tortillas ~ Chicken Fajitas peppers-onions-tortillas-Jack cheese Real Queso Nachos housemade cheese sauce & wg chips ** confetti rice with veggies lime-spiked back beans fresh seasonal fruit fresh baked wg sopapilla bars

the complete 'lunch tray'
is your choice of entrée,
plus daily fresh bakery and
three (3) side items ***

"your Daily deli"
turkey & Jack cheese on
fresh baked whole grain roll
**
turkeyham/cheddar
on whole wheat oat bread
**
chicken or tuna salad
on whole wheat bagel
**
hummus or cheese wg
wrap with veggies

"your way
Salad Bar"
OR
boxed salad menu (4)
**
fresh fruit salad box
**
fresh-cut veggies with
ranch & hummus box
**
cheese & crackers
with fresh fruit box

"your Daily bakery"
* all fresh baked *
* all whole grain (wg) *
wg cookies
wg muffins
wg cereal bars
* only baked chips and
bagged snacks *

"your Daily beverages"
choice of milk:
FF chocolate
1% lowfat white
skim white
**
100% fruit juices
**
V-8 selections
**
bottled water

"always baked, never fried"

Notes: No Meat

"Sauces, beans, salads, pastas, bakery, brisket, chicken,
etc... all scratch-cooked in-house with our recipes "

" Produce, Fruit, and other recipe ingredients
sourced locally (when seasonally available) "

