



# Lakeland Christian Academy

## February 2020

MONDAY	WEDNESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>~ Teriyaki Chicken apple, rice, chow mein crispies ~ American Cheeseburger on whole wheat bun w/LT/TP House Veggie Burger bean trio, veggies, and seasoning **</p> <p>sweet potato 'home fries' hint o' mint green peas chilled tropical fruit medley fresh seasonal fruit</p>	<p>4</p> <p>~ San Antonio Frito Pie cheese-lettuce-pico-corn chips ~ Pulled Chicken &amp; BBQ the side, fresh baked cornbread Cowboy Skillet Tacos roasted potatoes-tortilla-cheese **</p> <p>Texas 'caviar' salad Tex-Mex brown rice with veggies TXLocal: local seasonal fruit wg peaches n' cream bakery bar</p>	<p>5</p> <p>~ Oven 'Fried' Chicken over wg waffles-syrup ~ Cheesesteak Sliders grilled steak-cheese-soft rolls Grilled Veggie Pocket squashes-peppers-mozzarella **</p> <p>housemade cowboy baked beans sautéed spinach w/tomatoes fresh raw vegetable 'slaw' chilled fruit in juice</p>	<p>6</p> <p>~ Beef Steak &amp; Savory Gravy fresh baked whole wheat roll ~ Grilled Chicken Twister roasted breast meat on wg sub roll Baked Stuffed Pepper d rice-cauliflower-Jack-Cheddar **</p> <p>real mashed potato medley seasoned green beans fresh seasonal fruit yogurt &amp; fresh fruit parfait</p>	<p>7</p> <p>~ Chicken Alfredo Pasta Cheese &amp; Cheese, Or Italian 'Big Loaf' Sandwich meat-cheese-veggies-oil/Vinegar Deep Dish Cheese Pizza wg crust with housemade sauce **</p> <p>garlic roasted broccoli lemon Caesar side salad fresh seasonal fruit Italian cocoa cake bite</p>
<p>10</p> <p>~ Homestyle Meatloaf with tomato brown gravy ~ Chicken Breast Nuggets on baked whole wheat breadsticks Mediterranean Wrap chicken-cheese-roasted veggies-salad **</p> <p>real mashed potato medley seasoned carrot coins pears in orange gelatin fresh seasonal fruit</p>	<p>GO TEXAN.</p> <p>11</p> <p>~ 'State Fair' Corn Dog honey battered chicken dog ~ Campfire Chicken 'Bundle' d foil packet w/roasted veggies Texas BBQ Baked Potato with cheddar and tangy sauce **</p> <p>oven-baked tater tots Local: chopped kale &amp; cranberry s TXLocal: local seasonal fruit banana pudding &amp; wafers</p>	<p>12</p> <p>~ Baked Waffle Fry-chos West Texas chili-cheese-salad ~ J's Marinated Chicken baked oat roll-spinach-Jack cheese Toasted Cheese-wich on whole wheat bread **</p> <p>seasoned green beans garden twist pasta &amp; veggies housemade hummus &amp; chips fresh seasonal fruit</p>	<p>13</p> <p>~ Bolognese Penne Pasta homemade meat sauce &amp; mozzarella ~ Pizzeria Selections cheese, pepperoni, cheeseburger Eggplant 'Parm' Twister diced veggie-sauce-mozzarella-bun **</p> <p>Italian vegetable medley baked panko-Crumb roma tomatoe fresh Roma salad w/white beans fresh seasonal fruit</p>	<p>14</p> <p>~ Baja Breaded Fish Tacos of tortilla, side of tropical pico ~ Beef 'Picadillo' Burrito beef-potatoes-cheese-taco salad Real Queso Nachos homemade cheese sauce &amp; wg chips **</p> <p>Tex-Mex brown rice with veggies housemade refried pinto beans taco greenz', fresh seasonal fruit strawberry Valentine bakery bar</p>
<p>17</p> <p><b>PRESIDENT'S DAY</b></p>	<p>GO TEXAN.</p> <p>18</p> <p>~ Southwest Baked Chicken smoky bbq sauce &amp; corn tortillas Rio Grande Torta Sandwich shredded beef, cheese, potatoes Real Queso Nachos homemade cheese sauce &amp; wg chips **</p> <p>housemade bbq white beans Southwest-style cabbage slaw TXLocal: local seasonal fruit West, Texas fruit kolache</p>	<p>19</p> <p>~ Spaghetti &amp; Meat Sauce fresh baked wwg garlic breadsticks ~ Italian 'Big Loaf' meat-cheese-veggies-oil/Vinegar Deep Dish Cheese Pizza wg crust with housemade sauce **</p> <p>zucchini cauliflower Parmesan lemon Caesar side salad chilled fruit in juice fresh seasonal fruit</p>	<p>20</p> <p>~ Chicken Carnitas Chalupa on a crunchy whole corn tostada ~ Beef Nachos Supreme o beef - wg chips - queso - 'salad' Cheese Quesadilla served with house fresh salsa **</p> <p>Tex-Mex brown rice cilantro black beans fresh-cut taco greenz' &amp; tomatoe fresh seasonal fruit</p>	<p>21</p> <p>~ Phoenix Greek Chicken air-fry over couscous brown rice ~ Rancher Hot Roast Beef fresh baked wg roll with cheddar Mac &amp; Cheese Bowl fresh baked wheat roll **</p> <p>steamed green peas fresh cucumber wedges fresh 'cutie' oranges Friday wg treat</p>
<p>24</p> <p>~ Brown Gravy Meatballs over buttered egg noodles ~ Homestyle Chicken Bites fresh baked whole wheat roll Egg-Cheese-Potato 'Fold' melted in a gyro pita pocket **</p> <p>seasoned green beans oven roasted brussel sprouts fresh grape tomatoes fresh seasonal fruit</p>	<p>GO TEXAN.</p> <p>25</p> <p>~ Texas Country Steak served with skillet white gravy ~ Smokehouse Chicken Sub baked wg roll with Jack cheese Hill Country Bean Chili diced with wg corn chips &amp; cheddar **</p> <p>real mashed potato medley TXLocal: honey roasted carrots TXLocal: local seasonal fruit 'cornflake' baked peaches</p>	<p>26</p> <p>~ Baked Lemon Chicken d vegetable brown rice &amp; wg roll ~ 'Old School' Sloppy Joe on whole wheat burger bun Stuffed Baked Potato with broccoli &amp; cheddar **</p> <p>housemade black-eyed peas fresh spinach side salads chilled mandarin oranges fresh seasonal fruit</p>	<p>27</p> <p>~ Chicken Calzone Pocket with a side of housemade marinara ~ Pepperoni Pan Pizza grain crust &amp; housemade sauce Cheesy Rotini Lasagna fresh baked garlic bread 'knots' **</p> <p>California vegetable medley Italian white beans fresh seasonal fruit upside-down tropical pineapple</p>	<p>28</p> <p>~ Brisket &amp; Beef Mollette bar topped open-faced bolillo bun ~ Taco Chicken Salad diced chicken-greenz'-cheese-chips Bean &amp; Cheese Burrito with our housemade refried beans **</p> <p>potote corn' &amp; Tex-Mex brown rice oven roasted squash &amp; potatoes fresh pico de gallo fresh seasonal fruit &amp; Friday wg treat</p>
<p>2-Mar</p> <p>~ Breakfast for Lunch egg-turkey sausage-panCakes ~ J's Marinated Chicken baked oat roll-spinach-Jack cheese Toasted Cheese-wich on whole wheat bread **</p> <p>oven baked diced potatoes herb carrot saute fresh-cut veggie sticks fresh seasonal fruit</p>	<p>GO TEXAN.</p> <p>3-Mar</p> <p>~ Lone Star BBQ Chicken served with whole wheat bread ~ Chili Cheese Dog beef frank on whole wheat cone Austin 'Soft' Tacos' se enchiladas topped with queso **</p> <p>smashed pinto beans TXLocal: cabbage slaw with corn TXLocal: local seasonal fruit cinnamon snickerdoodle cookie bite</p>	<p>4-Mar</p> <p>~ Pasta Shells &amp; Meatballs odoroso red sauce &amp; wg garlic roll ~ Chicken 'Parm' Twister diced chicken-sauce-mozzarella-roll Cheesy Pizza Bread on wg French bread **</p> <p>Italian vegetable medley fresh Caesar side salad chilled fruit in juice fresh seasonal fruit</p>	<p>5-Mar</p> <p>~ Chicken 'Fried' Rice with shredded vegetables, eggroll ~ Breaded Steak Sandwich baked whole wheat roll w/LT/TP Veggie 'Fried' Rice eggle medley &amp; egg ribbons, eggroll **</p> <p>ginger green beans fresh cucumber sticks pineapple chunks in juice rainbow gelatin cups</p>	<p>6-Mar</p> <p>~ Baked Veracruz-style Fish tomatoes, served with tortillas ~ Chicken Fajitas pers-onions-tortillas-Jack cheese Real Queso Nachos homemade cheese sauce &amp; wg chips **</p> <p>confetti rice with veggies lime-spiked back beans fresh seasonal fruit fresh baked wg sopapilla bars</p>

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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:



"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)"

