





Lakeland Christian Academy

March 2020

MONDAY	WEDNESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 ~ Breakfast for Lunch egg-turkey sausage-pancakes ~ J's Marinated Chicken red 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	3 ~ 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 ** smashed pinto beans TXLocal: Cabbage slaw with corn TXLocal: local seasonal fruit cinnamon snickerdoodle cookie bits	4 ~ Pasta Shells + Meatballs podoro red sauce + wg garlic roll ~ Chicken 'Parm' Twister red chicken-sauce-mozzarella-roll Cheesy Pizza Bread on wg French bread ** Italian vegetable medley fresh Caesar side salad chilled fruit in juice fresh seasonal fruit	5 ~ Chicken 'Fried' Rice with shredded vegetables, eggroll ~ Breaded Steak Sandwich baked whole wheat roll w/L/T/P Veggie 'Fried' Rice eggie medley + egg ribbons, eggroll ** ginger green beans fresh cucumber sticks pineapple chunks in juice rainbow gelatin cups	6 ~ Baked Veracruz-style Fish with tomatoes, served with tortillas ~ Chicken Fajitas pers-onions-tortillas-Jack cheese Real Queso Nachos semade cheese sauce + wg chips ** confetti rice with veggies lime-spiked black beans fresh seasonal fruit fresh baked wg sopapilla bars
9 ~ Teriyaki Chicken apple, rice, chow mein crispies ~ American Cheeseburger on whole wheat bun w/L/T/P House Veggie Burger bean trio, veggies, and seasoning ** sweet potato 'home fries' hint o' mint green peas chilled tropical fruit medley fresh seasonal fruit	10 GO TEXAN. ~ San Antonio Frito Pie F-cheese-lettuce-pico-corn chips ~ Pulled Chicken + BBQ the side, fresh baked cornbread Cowboy Skillet Tacos roasted potatoes-tortilla-cheese ** Texas 'ca'viar' salad Tex-Mex brown rice with veggies TXLocal: local seasonal fruit wg peaches n' cream bakery bar	11 ~ Oven 'Fried' Chicken over wg waffles-syrup ~ Cheesesteak Sliders grilled steak-cheese-soft rolls Grilled Veggie Pocket squashes-peppers-mozzarella ** housemade cowboy baked beans sautéed spinach w/tomatoes fresh raw vegetable 'slaw' chilled fruit in juice	12 ~ Beef Steak + Savory Gravy fresh baked whole wheat roll ~ Grilled Chicken Twister nated breast meat on wg sub roll Baked Stuffed Pepper d rice-cauliflower-Jack-Cheddar ** real' mashed potato medley seasoned green beans fresh seasonal fruit yogurt + fresh fruit parfait	13
16 	Spring Break			20 
23 ~ Roast Turkey + Gravy ved with fresh baked wheat roll ~ Charbroiled Hamburger on whole wheat bun w/L/T/P House Veggie Burger bean trio, veggies, and seasoning ** oven baked potato wedges fresh-cut vegetable sticks fresh seasonal fruit chef's choice treat	24 GO TEXAN. ~ Southwest Baked Chicken smoky bbq sauce + corn tortillas Rio Grande Torta Sandwich shredded beef, cheese, potatoes Real Queso Nachos semade cheese sauce + wg chips ** housemade bbq white beans Southwest-style cabbage slaw TXLocal: local seasonal fruit West, Texas fruit kolache	25 ~ 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 Caesar side salad chilled fruit in juice fresh seasonal fruit	26 ~ 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 ** Tex-Mex brown rice cilantro black beans fresh-cut taco greenz' + tomatoes fresh seasonal fruit	27 ~ Phoenix Greek Chicken dir-fry over couscous brown rice ~ Rancher Hot Roast Beef 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
30 ~ 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 ** seasoned green beans oven roasted brussel sprouts fresh grape tomatoes fresh seasonal fruit	31 GO TEXAN. ~ Texas Country Steak served with skillet white gravy ~ Smokehouse Chicken Sub baked wg roll with Jack cheese Hill Country Bean Chili red with wg corn chips + cheddar ** real' mashed potato medley TXLocal: honey roasted carrots TXLocal: local seasonal fruit 'cornflake' baked peaches	1-Apr ~ Baked Lemon Chicken d 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	2-Apr ~ Chicken Calzone Pocket ch a side of housemade marinara ~ Pepperoni Pan Pizza e 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	3-Apr ~ Brisket + Beef Molliette ar topped open-faced bolillo bun ~ Taco Chicken Salad led chicken-greenz'-cheese-chips Bean + Cheese Burrito th our housemade refried beans ** pote corn' + Tex-Mex brown rice oven roasted squash + potatoes fresh pico de gallo sh seasonal fruit + Friday wg treat

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)"

