

# CHRIST THE KING CONTINUING EDUCATION

## DECEMBER 2018 MVP LUNCH MENU

WEEKLY NUTRITIONAL TOTALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M/ma 9 oz. Grain 8 oz. Fruit 2.5 c Veg 3.75 c Milk 5 c	<b>3 CHICKEN BURRITO</b> 2 oz. Shredded Chicken & Cheese 2 oz. Whole Wheat Tortilla 0.5 c Fresh Fruit 0.75 c Black Beans 1 c 1%/ Skim/FF Choc Milk	<b>4 HAMBURGERS</b> 2 oz. Hamburger 2 oz. Whole Grain Bun 0.5 c Fresh Fruit 0.75 c Baked Potato Wedges 1 c 1%/ Skim/FF Choc Milk	<b>5 CHIPOTLE CHICKEN</b> 2 oz. Baked Chicken 1 oz. Brown rice 0.5 c Fresh Fruit 0.75 c Black Beans 1 c 1%/ Skim/FF Choc Milk	<b>6 MAC &amp; CHEESE</b> 1 oz. Cheese 2 oz. WG Macaroni 0.5 c Fresh Fruit 0.75 c Romaine Salad 1 c 1%/ Skim/FF Choc Milk	<b>7 CHICKEN NUGGETS</b> 2 oz. Baked Chicken Nuggets 1 oz. WG Dinner Roll 0.5 c Fresh Fruit 0.75 c Three Bean Salad 1 c 1%/ Skim/FF Choc Milk
M/ma 9 oz. Grain 8 oz. Fruit 2.5 c Veg 3.75 c Milk 5 c	<b>10 CHICKEN PARM</b> 2 oz. Baked Chicken Patty 1.5 oz. Whole Grain pasta 0.5 c Fresh Fruit 0.75 c Broccoli Florets 1 c 1%/ Skim/FF Choc Milk	<b>11 PIZZA</b> 1 oz. Mozzarella Cheese 2 oz. Whole Grain Bagel 0.5 c Fresh Fruit 0.75 c Green Salad 1 c 1%/ Skim/FF Choc Milk	<b>12 HOT TURKEY SANDWICH</b> 2 oz. Sliced Turkey&Cheese 2 oz. WG Sliced Bread 0.5 c Fresh Fruit 0.75 c Tomato & Red Onion Salad 1 c 1%/ Skim/FF Choc Milk	<b>13 PASTA BOLOGNESE</b> 2 oz. Ground Beef 1.5 oz. Whole Grain pasta 0.5 c Fresh Fruit 0.75 c Cauliflower Florets 1 c 1%/ Skim/FF Choc Milk	<b>14 BBQ CHICKEN</b> 2 oz. Shredded BBQ Chicken 2 oz. Whole Grain Bun 0.5 c Fresh Fruit 0.75 c Corn 1 c 1%/ Skim/FF Choc Milk
M/ma 9 oz. Grain 8 oz. Fruit 2.5 c Veg 3.75 c Milk 5 c	<b>17 GRILLED CHEESE</b> 1 oz. FF American Cheese 2 oz. Whole Wheat Bread 0.5 c Fresh Fruit 0.75 c Two Bean Salad 1 c 1%/ Skim/FF Choc Milk	<b>18 BEEF CHILI</b> 2 oz. Ground Beef 1 oz. Brown rice 0.5 c Fresh Fruit 0.75 c Sliced Carrots 1 c 1%/ Skim/FF Choc Milk	<b>19 CHICKEN PATTY</b> 2 oz. Baked Chicken Patty 1.5 oz. Whole Grain Bun 0.5 c Fresh Fruit 0.75 c Tomato & Green Bean Salad 1 c 1%/ Skim/FF Choc Milk	<b>20 PASTA W/MEATBALLS</b> 2 oz. Meatballs 1.5 oz. Whole Grain pasta 0.5 c Fresh Fruit 0.75 c Cauliflower Florets 1 c 1%/ Skim/FF Choc Milk	<b>21 HAMBURGERS</b> 2 oz. Hamburger 2 oz. Whole Grain Bun 0.5 c Fresh Fruit 0.75 c Baked Potato Wedges 1 c 1%/ Skim/FF Choc Milk
M/ma 9 oz. Grain 8 oz. Fruit 2.5 c Veg 3.75 c Milk 5 c	<b>24</b> <b>WINTER BREAK</b> <b>NO SCHOOL</b>	<b>25</b> <b>WINTER BREAK</b> <b>CHRISTMAS</b> <b>NO SCHOOL</b>	<b>26</b> <b>WINTER BREAK</b> <b>NO SCHOOL</b>	<b>27</b> <b>WINTER BREAK</b> <b>NO SCHOOL</b>	<b>28</b> <b>WINTER BREAK</b> <b>NO SCHOOL</b>
M/ma 9 oz. Grain 8 oz. Fruit 2.5 c Veg 3.75 c Milk 5 c	<b>31</b> <b>WINTER BREAK</b> <b>NEW YEARS</b> <b>NO SCHOOL</b>				