

CHRIST THE KING CONTINUING EDUCATION

FEBRUARY 2019 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					1 BBQ CHICKEN 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	4 HAMBURGERS 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	5 CHICKEN BURRITO 2 oz. Shredded Chicken 1 oz. Cheese mix 1.5 oz. Whole Wheat wrap 0.5 c Fresh Fruit 0.75 c Three Bean Salad 1 c 1%/ Skim/FF Choc Milk	6 BEEF STEW 2 oz. Beef 1 oz. Brown Rive 0.5 c Fresh Fruit 0.75 c Peas and Carrots 1 c 1%/ Skim/FF Choc Milk	7 MAC & CHEESE 1 oz. Cheese 2 oz. WG Macaroni 0.5 c Fresh Fruit 0.75 c Romaine Salad 1 c 1%/ Skim/FF Choc Milk	8 PASTA W/MEATBALLS 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
M/ma 9 oz. Grain 8 oz. Fruit 2.5 c Veg 3.75 c Milk 5 c	11 CHICKEN PATTY 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	12 TURKEY WRAP 2 oz. Sliced Turkey&Cheese 2 oz. WG Wrap 0.5 c Fresh Fruit 0.75 c Potato Salad 1 c 1%/ Skim/FF Choc Milk	13 2 GRILLED CHEESE 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	14 BEEF CHILI 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	15 PIZZA 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
	18 MID-WINTER BREAK NO SCHOOL	19 MID-WINTER BREAK NO SCHOOL	20 MID-WINTER BREAK NO SCHOOL	21 MID-WINTER BREAK NO SCHOOL	22 MID-WINTER BREAK NO SCHOOL
M/ma 9 oz. Grain 8 oz. Fruit 2.5 c Veg 3.75 c Milk 5 c	25 CHICKEN NUGGETS 2 oz. Baked Chicken Nuggets 1.5 oz. Tri-Color Pasta Salad 0.5 c Fresh Fruit 0.75 c Peas and Carrots 1 c 1%/ Skim/FF Choc Milk	26 TERIYAKI CHICKEN 2 oz. Broiled Chicken 1 oz. Brown rice 0.5 c Fresh Fruit 0.75 c Sliced Carrots 1 c 1%/ Skim/FF Choc Milk	27 PASTA BOLOGNESE 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	28 TURKEY TACO 2 oz. Ground Turkey&Cheese 2 oz. WG Wrao 0.5 c Fresh Fruit 0.75 c Bean Salad 1 c 1%/ Skim/FF Choc Milk	