

CHRIST THE KING CONTINUING EDUCATION

JANUARY 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		1 NEW YEAR'S DAY NO SCHOOL	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	3 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	4 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
M/ma 9 oz. Grain 8 oz. Fruit 2.5 c Veg 3.75 c Milk 5 c	7 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	8 CHICKEN PARM 2 oz. Fresh Baked Chicken 1.5 oz. Whole Grain pasta 0.5 c Fresh Fruit 0.75 c Broccoli Florets 1 c 1%/ Skim/FF Choc Milk	9 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	10 CHICKEN TACO 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	11 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
M/ma 9 oz. Grain 8 oz. Fruit 2.5 c Veg 3.75 c Milk 5 c	14 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	15 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	16 BBQ CHICKEN SANDWICH 2 oz. BBQ Chicken 1.5 oz. Whole Grain Bun 0.5 c Fresh Fruit 0.75 c Corn 1 c 1%/ Skim/FF Choc Milk	17 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	18 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
M/ma 9 oz. Grain 8 oz. Fruit 2.5 c Veg 3.75 c Milk 5 c	21 MLK JR. DAY NO SCHOOL	22 CHIPOTLE CHICKEN 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	23 CHICKEN TENDERS 2 oz. Baked Chicken Tenders 1.5 oz. WG Dinner Roll 0.5 c Fresh Fruit 0.75 c Tomato Salad 1 c 1%/ Skim/FF Choc Milk	24 CHICKEN BURRITO 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	25 CHICKEN & BROCCOLI 2 oz. Popcorn Chicken 2 oz. Whole Grain Rice 0.5 c Fresh Fruit 0.75 c Broccoli 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	28 HOT TURKEY SANDWICH 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	29 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	30 CHICKEN NUGGETS 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	31 CHICKEN PARM 2 oz. Fresh Baked Chicken 1.5 oz. Whole Grain pasta 0.5 c Fresh Fruit 0.75 c Broccoli Florets 1 c 1%/ Skim/FF Choc Milk	