



## Moline Christian January, 2018, Lunch Menu

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|--|--|---|---|
| 1<br><b>Holiday Break</b><br><br>Choice of 1% or Skim Milk   | 2<br><b>Holiday Break</b><br><br>Choice of 1% or Skim Milk   | 3<br>Popcorn Chicken<br>Dinner Roll<br><br><i>Mashed Potatoes w/Gravy</i><br><br>Choice of 1% or Skim Milk                         | 4<br>Corn Dog<br><br><i>Smile Fries</i><br><br>Choice of 1% or Skim Milk  | 5<br>Homemade Pepperoni<br>Pizza<br><br><i>Seasoned Corn</i><br><br>Choice of 1% or Skim Milk         |
| 8<br>Macaroni & Cheese<br>w/Chicken Tenders<br><br><i>Steamed Green Beans</i><br><br>Choice of 1% or Skim Milk                 | 9<br>Beef Walking Taco w/Scoops<br><br><i>Seasoned Corn</i><br><br>Choice of 1% or Skim Milk                     | 10<br><b>Lucky Tray Day!</b><br>Chicken Patty on Bun<br><br><i>Homemade Baked Beans</i><br><br>Choice of 1% or Skim Milk           | 11<br>Cinn-Rolls<br>Egg Omelet<br><br><i>Tatar Tots</i><br><br>Choice of 1% or Skim Milk                              | 12<br>Classic Cheese Pizza<br><br><i>Tater Tots</i><br><br>Choice of 1% or Skim Milk                  |
| 15<br><b>No School</b><br><br>Choice of 1% or Skim Milk  | 16<br>Cheese Quesadilla<br><br><i>Seasoned Corn</i><br><br>Choice of 1% or Skim Milk                             | 17<br>BBQ Rib-B-Q Sandwich<br><br><i>Baked Beans</i><br><br>Choice of 1% or Skim Milk  | 18<br>Sweet and Sour Popcorn<br>Chicken<br><i>WG Rice</i><br><i>Oriental Veggies</i><br><br>Choice of 1% or Skim Milk | 19<br>Homemade Pepperoni<br>Pizza<br><br><i>Seasoned Green Beans</i><br><br>Choice of 1% or Skim Milk |
| 22<br>Italian Meat Sauce<br><i>Rotini Noodles</i><br><i>WG Breadstick</i><br><i>Seasoned Peas</i><br>Choice of 1% or Skim Milk | 23<br><b>Taco Tuesday!</b><br>Soft Shell Taco<br><br><i>Seasoned Vegetarian</i><br><br>Choice of 1% or Skim Milk | 24<br><b>Lucky Tray Day!</b><br>Turkey and Gravy<br><i>Mashed Potato</i><br><i>WG Dinner Roll</i><br><br>Choice of 1% or Skim Milk | 25<br>Sloppy Joe on Bun<br><br><i>Seasoned Corn</i><br><br>Choice of 1% or Skim Milk                                  | 26<br>Classic Cheese Pizza<br><br><i>Sweet Potato Tots</i><br><br>Choice of 1% or Skim Milk           |
| 29<br>Macaroni & Cheese<br>w/Chicken Tenders<br><br><i>Steamed Green Beans</i>   | 30<br><b>Taco Tuesday!</b><br>Beef Walking Taco w/Scoops<br><br><i>Seasoned Corn</i>                             | 31<br>Chicken Patty on Bun<br><br><i>Homemade Baked Beans</i>  |   |   |
| BYO Cheeseburger on Bun  | Bosco Sticks   | Pancakes & Sausage   | Chicken Nuggets with Dinner Roll  | Hot Dog on Bun  |
| Chocolate Chip Muffin & Goldfish<br>Fun Lunch  | Nacho Fun Lunch  | Pizza Bagel Fun Lunch  | Italian Wrap  | Cereal, Yogurt & String Cheese<br>Fun Lunch   |
| PB&J Sandwich on WW  | PB&J Sandwich on WW  | PB&J Sandwich on WW  | PB&J Sandwich on WW   | PB&J Sandwich on WW   |
| <b>Choose With Any Meal!</b>   |  |  |   |   |
| Fresh Broccoli   | Cauliflower  | Caesar Salad   | Fresh Cherry Tomatoes   | Cauliflower   |
| Fresh Carrots  | Side Salad   | Fresh Carrots  | Side Salad  | Fresh Carrots   |

A =

B =

C =

D =

|                     |                  |                       |                  |                     |
|---------------------|------------------|-----------------------|------------------|---------------------|
| Fresh Celery Sticks | Sliced Cucumbers | Fresh Cherry Tomatoes | Sliced Cucumbers | Fresh Celery Sticks |
| Fresh Apple         | Fresh Grapes     | Fresh Pear            | Fresh Banana     | Fresh Orange Wedges |

**School Foodservice Information:**

Lunch Price: \$2.60 paid, \$.40 reduced, free (if qualified)

No advance registration necessary! All students are welcome every day!

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Chartwells new Food and Nutrition Guidelines make it easier than ever for students to make healthy food and beverage choices at school.

**Our guidelines:**

Provide more deeply colored, nutrient dense, and fiber rich fruits and vegetables, such as sweet potatoes, spinach, peaches, broccoli, and beans

Provide more whole grain foods, such as brown rice and whole wheat

Encourage lean proteins including vegetarian and plant based

Reduce unhealthy fats, sodium, and sugar

Continue Chartwells' dedication to earth and community friendly practices by serving hormone free milk, poultry products without the routine use of antibiotics, sustainable seafood, cage free shell eggs, and locally grown produce

To learn more about Chartwells go to [www.EatLearnLive.com](http://www.EatLearnLive.com)

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