




# Crown Christian School Lunch Menu February 2012

ISD 15 NUTRITION SERVICES ELEMENTARY LUNCH MENU for SFE, CCCS, & EBCS

Student Lunch \$2.10/ Second Lunch \$3.30/ Adult Lunch \$3.30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>*Menu Alternative (offered daily): Grab &amp; Go Meal (consists of whole wheat PBJ ☺, yogurt or cheese stick, fruit, vegetable &amp; milk)</i></p>	 <p><i>February</i></p>	<p><sup>1</sup> SPAGHETTI &amp; MEATBALLS over Pasta Lettuce Salad w/ Low Fat Ranch Dressing Fruit, Garlic Bread Milk Choice</p>	<p><sup>2</sup> (1) CHICKEN TENDERS ☺ OR (2) UNBREADED TERIYAKI CHICKEN DIPPERS ☺ Vegetable Egg Roll Rice Pilaf, Fruit Fortune Cookie Milk Choice</p>	<p><sup>3</sup> MINI CORN DOGS ☺ (Whole Grain/Low Fat) Oven Potatoes Baked Beans Fresh Veggies w/ Low Fat Dip Fruit Milk Choice</p>
<p><sup>6</sup> (1) QUESADILLA ☺ or (2) BURRITO Lettuce, Tomato, Sour Cream &amp; Salsa Refried Beans Fruit Milk Choice</p>	<p><sup>7</sup> TURKEY DELI on a Whole Grain Bun w/ Turkey, Bacon, Cheese, Lettuce, Tomatoes, Onions, Pickle &amp; Mayo Fruit Baked Beans Milk Choice</p>	<p><sup>8</sup> (1) FRENCH TOAST STICKS or (2) WAFFLES w/ Syrup &amp; Fruit Topping. BREAKFAST MEAT EGG, Tri Tator Potato 100% Fruit Juice Cup Milk Choice</p>	<p><sup>9</sup> (1) HAMBURGER/ (2) CHEESEBURGER ☺ on Whole Grain Bun w/ Lettuce, Tomato, &amp; Pickle, Oven Baked Fries Fruit Milk Choice</p>	<p><sup>10</sup> POPCORN CHICKEN ☺ Cheesy Au Gratin Potatoes Green Beans Fruit School Baked Breadstick Milk Choice</p>
<p><sup>13</sup> NACHOS Bulk Tortilla Chips, Beef Taco Meat ☺, Warm Cheese Sauce, Lettuce, Tomato, Sour Cream &amp; Salsa Refried Beans Fruit Milk Choice</p>	<p><i>Valentine's Day</i> <sup>14</sup> HEART SHAPED CHICKEN NUGGETS Mashed Potatoes w/ Gravy, Corn Fruit, Valentine's Day Sugar Cookie Milk Choice</p>	<p><sup>15</sup> MEATBALL SUB on a Whole Grain Bun California Blend w/ Cheese Sauce, Fruit Graham Cracker Snack Milk Choice</p>	<p><sup>16</sup> (1) MEAT or (2) CHEESE PIZZA Lettuce Salad w/ Low Fat Ranch Dressing Fruit, Jello w/ Whip Topping Milk Choice</p>	<p><sup>17</sup> No Hot Lunch  Please bring a cold lunch.</p> 
<p><sup>20</sup></p>  <p><b>NO SCHOOL</b></p>	<p><sup>21</sup> MINI BURGERS Broccoli Oven Baked Fries Fruit Milk Choice</p>	<p><sup>22</sup> SCHOOL MADE GRILLED CHEESE SANDWICH w/ Soup Cracker Dill Pickle Spear, Peas Fruit Milk Choice</p>	<p><sup>23</sup> CHICKEN NUGGETS ☺ Rice Pilaf/Wild Rice Mix "Farm to School" Featuring Wild Rice Harvested in Northern MN, Green Beans, Fruit Buttermilk Biscuit w/ Grape Jelly, Milk Choice</p>	<p><sup>24</sup> THE MAX CHEESY BREADSTICKS ☺ w/ PIZZA SAUCE Veggie Pasta Salad Fruit Milk Choice</p>
<p><sup>27</sup> BEEF TACOS (1) Hard or (2) Soft Shell Tortilla, Beef Taco Meat ☺, Cheese, Lettuce, Tomato, Sour Cream &amp; Salsa Refried Beans, Churro Fruit Milk Choice</p>	<p><sup>28</sup> (1) FRENCH TOAST STICKS or (2) PANCAKES w/ Syrup &amp; Fruit Topping BREAKFAST MEAT EGG, Tri Tator Potato 100% Fruit Juice Cup Milk Choice</p>	<p><sup>29</sup> TURKEY IN GRAVY over MASHED POTATOES Green Beans Fruit School Baked Petite Cinnamon Roll w/ Drizzled Icing Milk Choice</p>	<p>detailed nutritional analysis is available at <a href="http://www.stfrancis.k12.mn.us">www.stfrancis.k12.mn.us</a></p>	

Program benefits and services are available to all children without regard to race, religion, color, sex, handicap, age or national origin. Free and reduced meal applications are available throughout the year in all schools or on the website at [www.crownchristianschool.com](http://www.crownchristianschool.com)