



# Crown Christian School Lunch Menu - September 2010

Delivered from ISD 15 NUTRITION SERVICES

Student Lunch \$2.00/ Adult Lunch \$3.20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1	2	3
<p style="font-size: 1.2em; margin: 0;"><b>No Hot Lunch Served, Please bring a Cold Lunch</b></p> <p style="margin: 0;"><i>milk will be available</i></p>				<p style="font-size: 1.5em; margin: 0;"><b>NO SCHOOL</b></p> <p style="margin: 0;">Labor Day Weekend</p>
 <p style="margin: 0;"><b>Welcome Back!</b></p>				
6	7	8	8	9
<p style="font-size: 1.5em; margin: 0;"><b>NO SCHOOL</b></p>  <p style="font-size: 1.5em; margin: 0;"><b>LABOR DAY</b></p>	<p>(1)FRENCH TOAST STICKS or (2)PANCAKES w/Syrup &amp; Fruit Topping HAM, EGG Tri Tator Potato 100% Fruit Juice Cup Milk Choice</p>	<p>CHICKEN IN GRAVY over MASHED POTATOES Vegetable Fruit Wheat Tea Roll Milk Choice</p>	<p>(1)MEAT or (2)CHEESE PIZZA Vegetable, Fruit Yogurt w/Granola Crunchies Milk Choice</p>	<p>SHRIMP POPPERS ☺ with MACARONI &amp; CHEESE w/Tartar Sauce &amp; Cocktail Sauce Vegetable, Fruit Milk Choice</p>
13	14	15	16	17
<p>HOT DOG (low fat turkey dog) ☺ on Whole Grain Bun with CHILI &amp; CHEESE Fresh Veggies w/Low Fat Dip, Fruit Milk Choice</p>	<p>CHICKEN NUGGETS Oven Potato Vegetable Fruit School Baked Muffin Milk Choice</p>	<p>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>GARLIC CHEESY BREAD w/PIZZA SAUCE Lettuce Salad w/Low Fat Dressing Fruit Milk Choice</p>	<p>BUILD YOUR OWN SANDWICH on Whole (1)Grain Bun or (2)Wrap w/Turkey, Ham, Cheese, Lettuce, Tomatoes, Onions, Pickle &amp; Mayo, Fruit Baked Chips Milk Choice</p>
20	21	22	23	24
<p>(1)MEAT or (2)CHEESE PIZZA CHOICE ☺ Vegetable, Fruit Pudding w/ Whip Topping Milk Choice</p>	<p>GRILLED CHEESE SANDWICH w/ Tomato Soup Dill Pickle Spear Vegetable, Fruit School Made Dessert Milk Choice</p>	<p>PASTA BAR (1)Chicken Alfredo Sauce or (2)Beef Spaghetti Sauce ☺ over pasta Lettuce Salad w/ Low Fat Dressing Fruit, Garlic Bread Milk Choice</p>	<p>(1)SLOPPY JOE or (2)HOT HAM &amp; CHEESE Vegetable, Fruit Dill Pickle Spear Graham Cracker Snack Milk Choice</p>	<p>MINI CORN DOGS ☺ (Whole Grain/Low Fat) Oven Potatoes Fresh Veggies w/ Low Fat Dip Fruit Milk Choice</p>
27	28	29	30	October 1
<p>(1)QUESADILLA ☺ or (2)BURRITO ☺ Lettuce, Tomato, Sour Cream &amp; Salsa Refried Beans Fruit Milk Choice</p>	<p>MOZZARELLA CHEESE STICKS w/PIZZA SAUCE Lettuce Green Salad w/ Low Fat Dressing Fruit Milk Choice</p>	<p>HAMBURGER GRAVY ☺ Mashed Potatoes Vegetable Wheat Tea Roll Fruit Milk Ice Cream Sandwich</p>	<p>(1)HAMBURGER/ (2)CHEESEBURGER ☺ on Whole Grain Bun w/ Bacon, Lettuce, Tomato, &amp; Pickle Oven Baked Fries Fruit, Milk Choice</p>	<p>POPCORN CHICKEN ☺ Cheesy Au Gratin Potatoes Vegetable Fruit School Baked Breadstick Milk Choice</p>

USDA Child Nutrition Label, (USDA Certified product meets Child Nutrition meal pattern requirements for lean protein &/or enriched grains) 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.stfrancis.k12.mn.us](http://www.stfrancis.k12.mn.us).