



SIMPLY GOOD



Moline Christian January 2019 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
31 No School Holiday Break Choice of 1% or Skim Milk	1 No School Holiday Break Choice of 1% or Skim Milk	2 No School Holiday Break Choice of 1% or Skim Milk	3 No School Holiday Break Choice of 1% or Skim Milk	4 No School Holiday Break Choice of 1% or Skim Milk
7 Oven Baked Chicken <i>Mashed Potatoes WG Dinner Roll</i> Choice of 1% or Skim Milk	8 Cheese Quesadilla <i>Seasoned Corn</i> Choice of 1% or Skim Milk	9 BBQ Rib-B-Q Sandwich <i>Baked Beans</i> Choice of 1% or Skim Milk	10 Mini Corn Dogs <i>Tatar Tots</i> Choice of 1% or Skim Milk	11 Classic Cheese Pizza <i>Tater Tots</i> Choice of 1% or Skim Milk
14 Macaroni & Cheese w/Chicken Tenders <i>Steamed Green Beans</i> Choice of 1% or Skim Milk	15 Beef Walking Taco <i>Seasoned Corn</i> Choice of 1% or Skim Milk	16 Chicken Patty on Bun <i>Baked Beans</i> Choice of 1% or Skim Milk	17 Cinn-Rolls Egg Omelet <i>Tatar Tots</i> Choice of 1% or Skim Milk	18 Classic Pepperoni Pizza <i>Tater Tots</i> Choice of 1% or Skim Milk
21 No School Choice of 1% or Skim Milk	22 Soft Shell Taco <i>Seasoned Vegetarian</i> Choice of 1% or Skim Milk	23 Corn dog of a stick <i>Baked Beans</i> Choice of 1% or Skim Milk	24 Sloppy Joe on Bun <i>Seasoned Corn</i> Choice of 1% or Skim Milk	25 Classic Pepperoni Pizza <i>Seasoned Carrots</i> Choice of 1% or Skim Milk
28 Oven Baked Chicken <i>Mashed Potatoes WG Dinner Roll</i> Choice of 1% or Skim Milk	29 Cheese Quesadilla <i>Seasoned Corn</i> Choice of 1% or Skim Milk	30 BBQ Rib-B-Q Sandwich <i>Baked Beans</i> Choice of 1% or Skim Milk	31 Mini Corn Dogs <i>Tatar Tots</i> Choice of 1% or Skim Milk	
DAILY ALTERNATES				
Cheeseburger on Bun	Bosco Sticks	Pancake & Sausage	Chicken Nuggets with Dinner Roll	Hot Dog on Bun
Chocolate Chip Muffin & Goldfish Fun Lunch	Nacho Fun Lunch	Pizza Bagel Fun Lunch	Turkey Bacon Wrap	Cereal, Yogurt & String Cheese 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
Choose With Any Meal!				
Fresh Broccoli	Cauliflower	Sugar Snap Peas	Red Pepper Slices	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 Peach	Fresh Plum	Mandarin Oranges	Peaches	Pineapple
Fresh Apple	Fresh Grapes	Fresh Pear	Fresh Banana	Fresh Orange Wedges

School Foodservice Information:

Lunch Price: \$2.70 paid, \$.40 reduced, free (if qualified)

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

Scott Larson, Director of Dining Services

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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

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