



## Moline Christian May, 2019, Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>BBQ Rib-B-Q Sandwich</b> <i>Baked Beans</i> Choice of 1% or Skim Milk	2 <b>Mini Corn Dogs</b> <i>Tater Tots</i> Choice of 1% or Skim Milk	3 <b>Classic Cheese Pizza</b> Choice of 1% or Skim Milk
6 <b>Pancakes</b> <i>Sausage Patty</i> <i>Tater Tots</i> Choice of 1% or Skim Milk	7 <b>Soft Shell Taco</b> <i>Seasoned Vegetarian</i> Choice of 1% or Skim Milk	8 <b>Popcorn Chicken</b> <i>Mash Potatoes</i> <i>Seasoned corn</i> <i>WG Dinner Roll</i> Choice of 1% or Skim Milk	9 <b>Spaghetti w/ Meat Sauce</b> <i>Breadstick</i> <i>Seasoned Broccoli</i> Choice of 1% or Skim Milk	10 <b>Classic Cheese Pizza</b> <i>Seasoned Carrots</i> Choice of 1% or Skim Milk
13 <b>Macaroni &amp; Cheese w/Chicken Tenders</b> <i>Steamed Green Beans</i> Choice of 1% or Skim Milk	14 <b>Beef Walking Taco</b> <i>Seasoned Corn</i> Choice of 1% or Skim Milk	15 <b>Chicken Patty on Bun</b> <i>Baked Beans</i> Choice of 1% or Skim Milk	16 <b>Cinnamon Rolls</b> <i>Colby Cheese Omelet</i> <i>Hash brown Patty</i> Choice of 1% or Skim Milk	17 <b>Classic Cheese Pizza</b> <i>Tater Tots</i> Choice of 1% or Skim Milk
20 <b>Mini Pancakes</b> <i>Sausage Patty</i> <i>Tater Tots</i> Choice of 1% or Skim Milk	21 <b>Soft Shell Taco</b> <i>Seasoned Vegetarian</i> Choice of 1% or Skim Milk	22 <b>Corn dog of a stick</b> <i>Baked Beans</i> Choice of 1% or Skim Milk	23 <b>Grilled Cheese</b> <i>Tomato Soup</i> <i>Tater Tots</i> Choice of 1% or Skim Milk	24 <b>Classic Pepperoni Pizza</b> <i>Seasoned Carrots</i> Choice of 1% or Skim Milk
27 <b>Memorial Day</b> <i>No School</i> Choice of 1% or Skim Milk	28 <b>Cheese Quesadilla</b> <i>Seasoned Corn</i> Choice of 1% or Skim Milk	29 <b>BBQ Rib-B-Q Sandwich</b> <i>Baked Beans</i> Choice of 1% or Skim Milk	30 <b>Mini Corn Dogs</b> <i>Tater Tots</i> Choice of 1% or Skim Milk	31 <b>Classic Cheese Pizza</b> <i>Sesoned Carrots</i> Choice of 1% or Skim Milk
<b>DAILY ALTERNATES</b>				
<b>Cheeseburger on Bun</b>	<b>Bosco Sticks</b>	<b>Pancake &amp; Sausage</b>	<b>Chicken Nuggets with Dinner Roll</b>	<b>Hot Dog on Bun</b>
<b>Chocolate Chip Muffin &amp; Goldfish Fun Lunch</b>	<b>Nacho Fun Lunch</b>	<b>Pizza Bagel Fun Lunch</b>	<b>Turkey Bacon Wrap</b>	<b>Cereal, Yogurt &amp; String Cheese Fun Lunch</b>
<b>PB&amp;J Sandwich on WW</b>	<b>PB&amp;J Sandwich on WW</b>	<b>PB&amp;J Sandwich on WW</b>	<b>PB&amp;J Sandwich on WW</b>	<b>PB&amp;J Sandwich on WW</b>
<b>Choose With Any Meal!</b>				
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](http://www.EatLearnLive.com)

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