



## Moline Christian September 2018 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	4 Soft Shell Taco <i>Seasoned Vegetarian</i>  Choice of 1% or Skim Milk	5 Sweet and Sour Chicken Rice <i>Seasoned Broccoli</i>  Choice of 1% or Skim Milk	6 Spaghetti w/ Meat Sauce <i>Breadstick</i> <i>Seasoned Broccoli</i>  Choice of 1% or Skim Milk	7 Classic Pepperoni Pizza  <i>Seasoned Carrots</i>  Choice of 1% or Skim Milk
10 Oven Baked Chicken <i>Mashed Potatoes</i> <i>WG Dinner Roll</i>  Choice of 1% or Skim Milk	11 Cheese Quesadilla  <i>Seasoned Corn</i>  Choice of 1% or Skim Milk	12 BBQ Rib-B-Q Sandwich  <i>Baked Beans</i>  Choice of 1% or Skim Milk	13 Mini Corn Dogs  <i>Tater Tots</i>  Choice of 1% or Skim Milk	14 Classic Cheese Pizza  <i>Tater Tots</i>  Choice of 1% or Skim Milk
17 Macaroni & Cheese w/Chicken Tenders  <i>Steamed Green Beans</i>  Choice of 1% or Skim Milk	18 Beef Walking Taco w/Scoops  <i>Seasoned Corn</i>  Choice of 1% or Skim Milk	19 Chicken Patty on Bun  <i>Baked Beans</i>  Choice of 1% or Skim Milk	20 Cinn-Rolls Egg Omelet  <i>Tater Tots</i>  Choice of 1% or Skim Milk	21 Classic Pepperoni Pizza  <i>Tater Tots</i>  Choice of 1% or Skim Milk
24 Pancakes <i>Sausage</i> <i>Tater Tots</i>  Choice of 1% or Skim Milk	25 Soft Shell Taco  <i>Seasoned Vegetarian</i>  Choice of 1% or Skim Milk	26 Corn dog on a stick  <i>Baked Beans</i>  Choice of 1% or Skim Milk	27 Sloppy Joe on Bun  <i>Seasoned Corn</i>  Choice of 1% or Skim Milk	28 Classic Cheese Pizza  <i>Sweet Potato Tots</i>  Choice of 1% or Skim Milk
B- BYO Cheeseburger on Bun	Bosco Sticks	French Toast & Sausage	Chicken Nuggets with Dinner Roll	Hot Dog on Bun
C- Chocolate Chip Muffin & Goldfish Fun Lunch	Nacho Fun Lunch	Pizza Bagel Fun Lunch	Italian Wrap	Cereal, Yogurt & String Cheese Fun Lunch
D- 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

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: \$2.70 paid, \$.40 reduced, free (if qualified) Milk only is \$.60

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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