

# Verndale Area Christian Academy

## Meal Menu - 6 Week Rotation



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	<u><b>Breakfast:</b></u> Egg & Chz on Bagel† Pears 100% Juice Milk*  <u><b>Lunch:</b></u> Chicken Strips† Mashed Potatoes Applesauce Milk*	<u><b>Breakfast:</b></u> French Toast Sticks† Oranges 100% Juice Milk*  <u><b>Lunch:</b></u> Beefy Taco Boat Tortilla Chips† Black Beans & Corn Pineapple Milk*	<u><b>Breakfast:</b></u> Pancakes Peaches 100% Juice Milk*  <u><b>Lunch:</b></u> Chicken Soup† Carrots Banana Milk*	<u><b>Breakfast:</b></u> Cold Cereal† Raisins 100% Juice Milk*  <u><b>Lunch:</b></u> Hotdog on Bun† Broccoli Pears Milk*	<u><b>Breakfast:</b></u> Cook's Choice† 100% Juice Milk*  <u><b>Lunch:</b></u> Cook's Choice† Mixed Fruit Milk*
2	<u><b>Breakfast:</b></u> Egg & Chz on Biscuit† Applesauce 100% Juice Milk*  <u><b>Lunch:</b></u> Corn Dog† Broccoli Oranges Milk*	<u><b>Breakfast:</b></u> Eggo Waffle† Strawberries 100% Juice Milk*  <u><b>Lunch:</b></u> Tortilla† Burger w/ Chz French Fries Apple Slices Milk*	<u><b>Breakfast:</b></u> Blueberry Muffin Top† Craisins 100% Juice Milk*  <u><b>Lunch:</b></u> Spag Sauce & Pasta† Carrots Banana Milk*	<u><b>Breakfast:</b></u> Cold Cereal† Pineapple 100% Juice Milk*  <u><b>Lunch:</b></u> Ham & Chz on Bun† Green Beans Pears Milk*	<u><b>Breakfast:</b></u> Dutch Waffle† Peaches 100% Juice Milk*  <u><b>Lunch:</b></u> Hotdog on Bun† Baked Beans Mixed Fruit & Yogurt Milk*
3	<u><b>Breakfast:</b></u> Egg & Chz - Eng Muff† Craisins 100% Juice Milk*  <u><b>Lunch:</b></u> Chicken Quesadilla† Mexican Black Beans Oranges Milk*	<u><b>Breakfast:</b></u> Bagel† w/ Strb Crm Apples 100% Juice Milk*  <u><b>Lunch:</b></u> Tater Tot Hotdish Garlic Bread† Pears Milk*	<u><b>Breakfast:</b></u> Biscuit† & Sausage Oranges 100% Juice Milk*  <u><b>Lunch:</b></u> Bosco Sticks Pizza Sauce Apples Milk*	<u><b>Breakfast:</b></u> Cold Cereal† Banana 100% Juice Milk*  <u><b>Lunch:</b></u> Mac & Chz w/ Hotdogs Green Beans Peaches Milk*	<u><b>Breakfast:</b></u> Breakfast Pizza† Pineapple 100% Juice Milk*  <u><b>Lunch:</b></u> Cheese Pizza† Romaine Lettuce Salad Mixed Fruit Milk*
4	<u><b>Breakfast:</b></u> Egg & Chz on Bagel† Peaches 100% Juice Milk*  <u><b>Lunch:</b></u> Chicken Strips† Green Beans Craisins Milk*	<u><b>Breakfast:</b></u> French Toast Sticks† Raisins 100% Juice Milk*  <u><b>Lunch:</b></u> Chicken Soup† Carrots Pears Milk*	<u><b>Breakfast:</b></u> Pancakes Strawberries 100% Juice Milk*  <u><b>Lunch:</b></u> Grilled Chz Sandwich† Broccoli Pineapple Yogurt Milk*	<u><b>Breakfast:</b></u> Cold Cereal† Banana 100% Juice Milk*  <u><b>Lunch:</b></u> Corn Dog† Baked Beans Orange Milk*	<u><b>Breakfast:</b></u> Cook's Choice† 100% Juice Milk*  <u><b>Lunch:</b></u> Cook's Choice† Mixed Fruit Milk*
5	<u><b>Breakfast:</b></u> Egg & Chz on Bisc† Applesauce 100% Juice Milk*  <u><b>Lunch:</b></u> Hotdog on Bun† French Fries Oranges Milk*	<u><b>Breakfast:</b></u> Eggo Waffles† Pears 100% Juice Milk*  <u><b>Lunch:</b></u> Tortilla† Burger Green Beans Raisins Milk*	<u><b>Breakfast:</b></u> Blueberry Muffin Top† Banana 100% Juice Milk*  <u><b>Lunch:</b></u> Spag Sauce & Pasta† Carrots Pineapple Milk*	<u><b>Breakfast:</b></u> Cold Cereal† Craisins 100% Juice Milk*  <u><b>Lunch:</b></u> Beefy Taco Boat & Chp† Black Beans & Corn Peaches Milk*	<u><b>Breakfast:</b></u> Dutch Waffle† Apples 100% Juice Milk*  <u><b>Lunch:</b></u> Ham & Chz on Bun† Broccoli Mixed Fruit Milk*
6	<u><b>Breakfast:</b></u> Egg & Chz - Eng Muf† Raisins 100% Juice Milk*  <u><b>Lunch:</b></u> Bosco Sticks Pizza Sauce Pineapple Milk*	<u><b>Breakfast:</b></u> Bagel† w/ Strb Crm Peaches 100% Juice Milk*  <u><b>Lunch:</b></u> Tater Tot Hotdish Garlic Bread† Pears Milk*	<u><b>Breakfast:</b></u> Biscuit† & Sausage Banana 100% Juice Milk*  <u><b>Lunch:</b></u> Chicken Quesadilla† Mexican Black Beans Applesauce Milk*	<u><b>Breakfast:</b></u> Cold Cereal† Craisins 100% Juice Milk*  <u><b>Lunch:</b></u> Mac & Chz w/ Hotdogs Green Beans Oranges Milk*	<u><b>Breakfast:</b></u> Breakfast Pizza† Apples 100% Juice Milk*  <u><b>Lunch:</b></u> Cheese Pizza† Romaine Lettuce Salad Mixed Fruit Milk*

Week 1

\*Whole Milk served for Infants to 24 months, 25 months and older served Low-Fat (1%) milk

Week 2

†Whole Grain - served daily

Week 3

+Menu Items area subject to change based on availability or Kitchen Staff discretion

Week 4

++Meal Patterns are in accordance to the National School Lunch Program

Week 5

Week 6

~This institution is an equal opportunity provider~

### February

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

### March

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### April

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		