

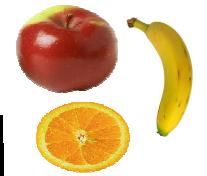


Catering

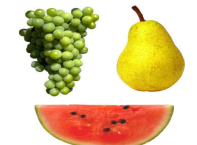
freshness, nutrition, and variety

Lakeland Christian Academy

February 2012



FRESH FRUIT selections served EVERYDAY !!



Fresh or Frozen



Veggies Only !!

Always BAKED...

.... NEVER fried !!

(N)=nonmeat entrees

Choose from **3 Entrees**

Choose from **3 Sides from 4**



lean meats, chicken breast meat only !!

(expect drumsticks)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 OVEN "FRIED" CHICKEN <i>lightly breaded drumstick</i> charbroiled burger - fixins (N) 4bean veggie wrap <i>whole grain mac & cheese</i> <i>steamed green beans</i> <i>chilled mandarin oranges</i> <i>fresh grape cluster</i>	2 OLD WORLD SPAGHETTI <i>served with wheat bread stick</i> (N) flatbread/pita cheese pizza ham & cheddar wheat roll <i>steamed italian veggies</i> <i>fresh salad bowl w/spinach</i> <i>chilled applesauce</i> <i>blueberry muffin bites</i>	3 CHICKEN HOT POT <i>a stew with potatoes & pasta</i> turkey frank on coneyp bun (N) lunch "breakfast" burrito <i>house-made bbq pinto beans</i> <i>fresh veggie sticks</i> <i>chilled pineapple tidbits</i> <i>banana yogurt pudding</i>
6 OVEN-ROASTED BRISKET <i>served chopped with tortilla & sauce</i> (N) 4cheese hoagie pizza tuna salad on honey wheat <i>steamed california veggies</i> <i>chilled pasta bean salad</i> <i>tropical fruit medley</i> <i>baked crumb-top peaches</i>	7 CHICKEN NUGGETS <i>baked, breaded, white meat only</i> sloppy joe on wheat bun (N) garden chili/chz/crackers <i>house-made cowboy beans</i> <i>steamed broccoli florets</i> <i>salad bowl w/romaine leaf</i> <i>fresh seasonal melon wedges</i>	8 CHEESE QUESADILLA (N) <i>served with pico de gallo</i> cheeseburger - fixins turkey & jack wheat roll <i>oven crinkle fries</i> <i>steamed green peas</i> <i>chilled fruit & gelatin</i> <i>apple muffin bites</i>	9 CHILI CHEDDAR PASTA <i>served with french bread</i> (N) cheese pizza slices roast beef & cheddar wrap <i>steamed green beans</i> <i>fresh salad bowl w/spinach</i> <i>chilled sliced apples</i> <i>whole grain trail mix</i>	10 CHICKEN ENCHILADAS <i>topped with rancho cheese</i> soft beef & cheese tacos (N) nacho cheese & chips <i>Spanish brown rice</i> <i>chunky refried beans</i> <i>lettuce-tomato side salad</i> <i>whole grain cinnamon cookies</i>
13 BAKED ITALIAN CHICKEN <i>served over whole grain pasta</i> cheeseburga pizza slices (N) veggie/bean farfelle pasta <i>salad bowl w/romaine leaf</i> <i>steamed broccoli florets</i> <i>chilled fruit cocktail</i> <i>animal crackers</i>	14 STEAK MILANESE TIPS <i>lightly breaded beef steak</i> grilled chicken'wich - fixins (N) fresh fruit bowl & yogurt <i>whole grain mac & cheese</i> <i>steamed green beans</i> <i>stewed okra & tomatoes</i> <i>chilled mandarin oranges</i>	15 BREAKFAST for LUNCH <i>eggs, waffle, and turkey sausage</i> charbroiled burger - fixins (N) bean & cheese burrito <i>baked tater tots</i> <i>fresh veggie sticks</i> <i>chilled fruit in juice</i> <i>vanilla yogurt pudding</i>	16 GRILLED CHICKEN PASTA <i>served with wheat bread stick</i> (N) flatbread/pita cheese pizza ham & cheddar wheat roll <i>steamed peas & carrots</i> <i>fresh salad bowl w/spinach</i> <i>chilled applesauce</i> <i>raisin crunch cup</i>	17 PANKO-CRUMB FISH FILET <i>served over veggie rice pilaf</i> turkey corny dog (N) grilled cheddar'wich <i>baked nacho spinach</i> <i>house-made black-eyed peas</i> <i>chilled fruit in juice</i> <i>sweet potato cake</i>
20 CHICKEN NUGGETS <i>baked, breaded, white meat only</i> grilled steak & veggies wrap (N) fresh fruit bowl & yogurt <i>mashed potatoes</i> <i>buttered cut corn</i> <i>chilled fruit in juice</i> <i>chocolate yogurt pudding</i>	21 RANCH CHILI PIE <i>chili beef, corn chips & cheese</i> (N) cheese pizza slices turkey & jack wheat roll <i>steamed carrot coins</i> <i>broccoli & chz brown rice</i> <i>salad bowl w/romaine leaf</i> <i>fresh grape cluster</i>	22 MAPLE ROAST CHICKEN <i>served with fresh baked wheat roll</i> cheeseburger - fixins (N) grilled cheddar'wich <i>diced hashbrowns potatoes</i> <i>steamed veggie medley</i> <i>chilled mixed fruit</i> <i>pineapple oat muffin bites</i>	23 ITALIAN MEATBALLS <i>old world sauce over fusilli pasta</i> (N) baked cheese pizza roll-up chicken salad wheat roll sub <i>steamed green beans</i> <i>fresh salad bowl w/spinach</i> <i>chilled diced pears</i> <i>whole grain oatmeal cookies</i>	24 CHICKEN FAJITAS <i>with veggies and flour tortillas</i> soft beef & cheese burrito (N) cheese enchiladas <i>Spanish brown rice</i> <i>seasoned black beans</i> <i>lettuce-tomato side salad</i> <i>cinnamon puff pastry</i>
27 GRILLED STEAK RIBBONS <i>with roasted red potatoes</i> (N) 4cheese hoagie pizza ham & cheddar wheat roll <i>steamed broccoli florets</i> <i>salad bowl w/romaine leaf</i> <i>chilled mandarin oranges</i> <i>whole grain chip cookie</i>	28 BAKED BBQ CHICKEN <i>served with fresh baked wheat roll</i> charbroiled burger - fixins (N) garden chili/chz/crackers <i>oven potato wedges</i> <i>steamed green beans</i> <i>chilled fruit & gelatin</i> <i>baked crumb-top apples</i>	29 PENNE PASTA LASAGNA <i>served with French bread</i> (N) cheese pizza slices turkey & jack wheat wrap <i>yellow wax beans</i> <i>cucumber veggie salad</i> <i>chilled diced peaches</i> <i>carrot spice cake'ettes</i>		

DAILY MENU at YOUR SCHOOL: Entrees, Vegetables & Sides, Baked Potatoes, SALAD BAR, DELi Sandwiches, Fresh Veggie & Cheese Trays, & Fresh Baked Snack Rack

* all sandwiches & burgers served on wheat bread or buns with crispy romaine lettuce

* most pizza crusts, breads, rolls, bakery, and desserts are whole grain items