



# Seacoast Christian Academy

## Lunch Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Sept. 3-7 Oct. 1-5	Grilled Turkey and Cheese on Whole Wheat Bread  <u>Sides:</u> Applesauce Baked Beans	Baked Chicken w/ Whole Grain Biscuit  <u>Sides:</u> Mashed Potatoes Mandarin Oranges	Spaghetti w/ Whole Grain Noodles  <u>Sides:</u> Squash Pineapple	Roasted Chicken w/ Brown Rice  <u>Sides:</u> Pineapples Mashed Sweet Potatoes	Pizza Cheese or Pepperoni  <u>Sides:</u> Mixed Fruit Green Beans  \$1.50 For each additional slice
Sept. 10-14 Oct. 8-12	Beef Pot Roast w/ Rice  <u>Sides:</u> Apples Pears Carrots Green Beans	BBQ Chicken  <u>Sides:</u> Whole Grain Roll Broccoli Baked Beans Peaches	Chicken & Rice  <u>Sides:</u> Whole Grain Breadstick Oranges Mixed Veggies	Chili Mac  <u>Sides:</u> Whole Grain Roll Peaches Corn	Pizza Cheese or Pepperoni  <u>Sides:</u> Whole Grain Breadstick Mixed Fruit Green Peas  \$1.50 For each additional slice
Sept. 17-21 Oct. 15-19	Popcorn Chicken  <u>Sides:</u> Brown Rice Applesauce Broccoli	Beef Tips w/ Gravy  <u>Sides:</u> Brown Rice Pears Carrots	Tater Tot Casserole  <u>Sides:</u> Whole Grain Roll Mixed Fruit Green Beans	Chicken Stir Fry Noodles  <u>Sides:</u> Whole Grain Breadstick Sliced Oranges Zucchini	Pizza Cheese or Pepperoni  <u>Sides:</u> Whole Grain Roll Applesauce Carrots Tater Tots  \$1.50 For each additional slice
Sept. 24-28 Oct. 22-26	Chicken Parmesan w/ Tomato Sauce  <u>Sides:</u> Whole Grain Pasta Mixed Fruit Squash	Sloppy Joes  <u>Sides:</u> Mandarin Oranges Green Beans	Chicken Tacos  <u>Sides:</u> Brown Rice Peaches Black Beans	Oriental Beef w/ Noodles  <u>Sides:</u> Apples Broccoli	Pizza Cheese or Pepperoni  <u>Sides:</u> Whole Grain Roll Oranges Corn  \$1.50 For each additional slice

