



AMES CHRISTIAN LUNCH MENU: FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
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				Chicken Tenders with Fresh Baked Biscuit BBQ Baked Beans Fresh Broccoli Florets Strawberry Craisins
4	HAPPY CHINESE NEW YEAR!5	6	7	NATIONAL PIZZA DAY!8
Mashed Potato & Chicken Bowl with Dinner Roll Seasoned Corn Fresh Apple	Sweet & Sour Meatballs with Asian Brown Rice Seasoned Broccoli Florets Red Bell Pepper Strips Fresh Orange Wedges	Crispy Chicken Patty Sandwich Boston Baked Beans Confetti Coleslaw Fresh Banana	The Perfect Sloppy Joe Baked Crinkle Fries Sliced Cucumbers Chilled Peaches	Classic Pepperoni Pizza Hearty Spinach & Vegetable Salad Fresh Broccoli Florets Mixed Fruit Cocktail
11	12	13	♥♥♥♥♥♥♥♥14	15
Macaroni & Cheese with Dinner Roll Seasoned Peas Fresh Grape Tomatoes Chilled Pears	Turkey Corn Dog Spring Mix Salad Carrot & Celery Sticks Fresh Orange Wedges	French Toast Sticks with Cheesy Scrambled Eggs Tator Tots Sliced Cucumbers Fresh Banana	Classic American Cheeseburger BBQ Baked Beans Fresh Caesar Salad Fresh Pear Whole Grain Chocolate Chip Cookie	Cheese Pizza Seasoned Corn Fresh Broccoli Florets Fresh Orange Wedges
18	19	20	21	22
Spaghetti with Meatballs & Sauce with Garlic Toast Fresh Chopped Romaine Power Peas Fresh Apple	Toasty Cheese Sandwich with Tomato Soup Red Bell Pepper Strips Fresh Carrots Applesauce	Turkey Hot Dog on a Bun Boston Baked Beans Fresh Grape Tomatoes Fresh Banana	Chicken Nuggets with Dinner Roll Baked Crinkle Fries Fresh Sliced Cucumbers Fresh Seedless Grapes	Teriyaki Glazed Beef with Brown Rice Seasoned Broccoli with Cheese Sauce Fresh Vegetable Medley Mixed Fruit Cocktail
25	26	27	28	
Nachos Beef Taco Meat, Tortilla Chips, Cheddar Cheese Sauce Mexican Style Refried Beans Romaine Lettuce Chilled Pears	Mini Turkey Corn Dogs Sweet Potato Tots Carrot & Celery Sticks Fresh Orange Wedges	Italian Meatball Sub Savory Green Beans Red Bell Pepper Strips Fresh Banana	Chicken Alfredo Pasta with Dinner Roll Seasoned Peas Sliced Cucumbers Fresh Pear	



This institution is an equal opportunity provider.

Food Service Director -
Jacque Janning
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Menu Subject to Change Without Notice. Questions or Comments? Contact Dining Services At 515-817-0630 or 0632

Every Day Milk Choices: 1% White, Skim and Skim Chocolate