



**AMES CHRISTIAN LUNCH MENU: JANUARY**

Monday	Tuesday	Wednesday	Thursday	Friday
30	1	2	3	4
<b>WINTER BREAK</b>	<b>WINTER BREAK</b>	<b>WINTER BREAK</b>	Crispy Chicken Patty Sandwich	Cheese Pizza
			Seasoned Corn Fresh Carrots Chilled Peaches	Creamy Carrot & Raisin Salad Fresh Celery Sticks Fresh Orange Wedges
7	8	9	10	11
Mashed Potato & Chicken Bowl with Dinner Roll	Sweet & Sour Meatballs with Asian Brown Rice	The Perfect Sloppy Joe	Macaroni & Cheese with Dinner Roll	Chicken Tenders with Dinner Roll
Fresh Mixed Greens Fresh Apple	Seasoned Carrots Fresh Cauliflower Pineapple Tidbits	Crinkle Cut French Fries Red Bell Pepper Strips Fresh Banana	Roasted Broccoli Hearty Spinach Vegetable Salad Mixed Fruit	BBQ Baked Beans Carrot & Celery Sticks Fresh Pear
14	15	16	17	18
Turkey Corn Dog	French Toast Sticks with Cheesy Scrambled Eggs	Classic American Cheeseburger	Spaghetti with Italian Meatsauce & Garlic Toast	Cheese Pizza
Seasoned Green Beans Fresh Cherry Tomatoes Chilled Pears	Tator Tots Fresh Sliced Cucumbers Fresh Orange Wedges	Boston Baked Beans Fresh Caesar Salad Fresh Banana	Power Peas Carrot & Celery Sticks Mandarin Oranges & Pineapple	Seasoned Corn Fresh Broccoli Chilled Peaches
21	22	23	24	25
BBQ Rib Patty on a Bun (CONTAINS PORK)	Toasty Cheese Sandwich  with Tomato Soup	Turkey Hot Dog on a Bun	Chicken Nuggets with Dinner Roll	Crispy Fish Sticks
Mashed Potatoes Fresh Celery Sticks Strawberry Cup	Fresh Mixed Greens Fresh Apple	Tator Tots Fresh Cherry Tomatoes Cinnamon Applesauce	Boston Baked Beans Fresh Sliced Cucumbers Fresh Seedless Grapes	Seasoned Broccoli with Cheese Sauce Fresh Carrots Fresh Orange Wedges
28	29	30	31	
Beef Nachos with Creamy Cheddar Cheese Sauce & Shredded Lettuce	Mini Turkey Corn Dogs	Italian Meatball Sub	Roasted Turkey & Gravy with Mashed Potatoes & Dinner Roll	
Refried Beans Corn & Pepper Salad Chilled Pears	Seasoned Corn Fresh Carrot & Celery Sticks Fresh Orange Wedges	Roasted Cauliflower Red Bell Pepper Strips Fresh Banana	Power Peas Mandarin Oranges	



**FOOD FOCUS: CITRUS**

**Milk choices include 1% white, skim and skim chocolate Every Day**

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

***This institution is an equal opportunity provider.***  
Food Service Director - Jacque Janning