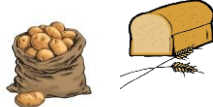




AMES CHRISTIAN LUNCH MENU: MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
			Food Focus: Potatoes & Whole Grains 	1 Chicken Tenders with Fresh Baked Biscuit Seasoned Broccoli Fresh Carrot Sticks Pear Raisin Fruit Salad
4 Mashed Potato & Chicken Bowl with Dinner Roll Seasoned Corn Fresh Apple	5 Crispy Chicken Patty Sandwich Boston Baked Beans Buttermilk Coleslaw Fresh Orange Wedges	6 The Perfect Sloppy Joe Baked Crinkle Fries Power Peas Fresh Banana	7 Orange Chicken with Brown Rice Seasoned Peas & Carrots Red Bell Peppers Chilled Peaches	8 Cheese Pizza Seasoned Corn Spinach & Romaine Salad Orange Wedges
11 Macaroni & Cheese with Dinner Roll Orange Glazed Carrots Fresh Chopped Romaine Chilled Pears	12 Turkey Corn Dog BBQ Baked Beans Fresh Carrot Sticks Applesauce	13 French Toast Sticks with Cheesy Scrambled Eggs Tator Tots Sliced Cucumbers Chilled Peaches	14 Hamburger on a Bun Savory Green Beans Fresh Caesar Salad Fresh Banana	15 NO SCHOOL
18 NO SCHOOL	19 NO SCHOOL	20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL
25 Nachos Beef Taco Meat, Tortilla Chips, Cheddar Cheese Sauce Mexican Style Refried Beans Romaine Lettuce Fresh Apple	26 Mini Turkey Corn Dogs Baked Crinkle Fries Carrot & Celery Sticks Fresh Orange Wedges	27 Italian Meatball Sub Seasoned Broccoli Red Bell Pepper Strips Fresh Banana	28 Lasagna Style Pasta Bake with Garlic Bread Savory Green Beans Cauliflower Florets Fresh Pear	29 Cheese Pizza Glazed Carrots Power Peas Peaches & Blueberries



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