

AMES CHRISTIAN LUNCH MENU - MAY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Bean and Cheese Quesadilla	Teriyaki Beef Dippers with Dinner Roll	Cinnamon French Toast Sticks with Scrambled Eggs	Baja Beef Rice Bowl with Black Beans	Beef Hot Dog on WG Bun
Mexicali Corn	Seasoned Peas	Tater Tots	Sauteed Peppers and Onions	Roasted Mixed Vegetables
Fresh Baby Carrots	Fresh Celery Sticks	Fresh Sugar Snap Peas	Fresh Cherry Tomatoes	Fresh Cauliflower Florets
Fresh Clementine	Fresh Apple Slices	Assorted Craisins	Fresh Pear	Fresh Clementine
Tropical Fruit Cocktail	Chilled Peaches	Fruit Cocktail	Pineapple Tidbits	Chilled Diced Pears
Milk	Milk	Milk	Milk	Milk
9	10	11	12	13
Bagel, Egg, and Cream Cheese Fun Lunch	Classic Cheeseburger on WG Bun	Pepperoni Pizza Pasta Bake	Sweet and Sour Chicken with Pineapple and Bell Peppers and Brown Rice	Cheese Stuffed Breadsticks with Marinara
Strawberry Yogurt	Seasoned Corn	Seasoned Peas	Seasoned Broccoli	Cheesy Cauliflower
Fresh Baby Carrots	Fresh Broccoli Florets	Fresh Sliced Cucumber	Fresh Cauliflower Florets	Red and Green Pepper Strips
Craisins	Fresh Apple	Raisins	Fresh Pear	Fresh Clementine
Chilled Diced Pears	Pineapple Chunks	Chilled Peaches	Mandarin Oranges	Fruit Cocktail
Milk	Milk	Milk	Milk	Milk
16	17	18	19	20
Crispy Chicken Patty Sandwich	Turkey, Cheese, and Bacon Panini	Biscuit and Sausage Gravy with Cheesy Scrambled Eggs	Korean BBQ Chicken with Brown Rice	BBQ Chicken Drumstick with Fresh Baked Biscuit
Oven Baked Fries	Seasoned Corn	Tater Tots	Seasoned Broccoli Florets	Seasoned Peas
Fresh Celery Sticks	Red and Green Bell Pepper Strips	Fresh Broccoli Florets	Fresh Cherry Tomatoes	Fresh Baby Carrots
Fresh Pear	Fresh Banana	Fresh Clementine	Fresh Apple Slices	Fresh Orange Wedges
Chilled Peaches	Pineapple Chunks	Chilled Diced Pears	Mandarin Oranges	Fruit Cocktail
Milk	Milk	Milk	Milk	Milk
23	24	25	26	27
Mini Turkey Corn Dogs	Chicken Nuggets	Macaroni and Cheese	Cheese Pizza	
Roasted Green Beans	Seasoned Corn	Seasoned Mixed Vegetables	Seasoned Peas	
Fresh Sliced Cucumber	Fresh Celery Sticks	Fresh Cherry Tomatoes	Fresh Baby Carrots	
Craisins	Fresh Pear	Fresh Orange Wedges	Fresh Apple	
Tropical Fruit Cocktail	Strawberry Applesauce	Fruit Cocktail	Chilled Diced Pears	
Milk	Milk	Milk	Milk	
30	31			
SUMMER BREAK!				Milk Choices Daily: 1% and Skim White, and Skim Chocolate

Menu Subject to Change.

This institution is an equal opportunity provider.

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