

Ames Christian Lunch Menu - January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Chicken Nuggets	Crispy Chicken Patty Sandwich	Cinnamon French Toast Sticks with Syrup and Scrambled Eggs	Orange Chicken with Brown Rice	Mini Turkey Corn Dogs
Seasoned Corn	Oven-Baked Fries	Tater Tots	Seasoned Broccoli Florets	Roasted Green Beans
Fresh Cauliflower Florets	Fresh Celery Sticks	Fresh Sugar Snap Peas	Fresh Cherry Tomatoes	Fresh Sugar Snap Peas
Pineapple Tidbits	Chilled Peaches	Mandarin Oranges	Chilled Diced Pears	Mixed Fruit Cocktail
Fresh Apple	Fresh Pear	Fresh Banana	Fresh Orange Wedges	Assorted Craisins
Milk	Milk	Milk	Milk	Milk
10	11	12	13	14
Cheese Pizza	Classic Cheeseburger on Whole Wheat Bun	Meatballs in Zest Marinara with Rotini Pasta	Teriyaki Chicken with Brown Rice	Turkey Ham and Cheese Hoagie
Seasoned Peas	Seasoned Broccoli	Seasoned Peas	Sliced Carrots	String Cheese
Fresh Broccoli Florets	Red and Green Bell Pepper Strips	Fresh Broccoli Florets	Fresh Celery Sticks	Baby Carrots
Fruit Cocktail	Chilled Peaches	Mandarin Oranges	Pineapple Tidbits	Fresh Apple
Craisins	Fresh Banana	Raisins	Fresh Pear	Diced Pears
Milk	Milk	Milk	Milk	Milk
17	18	19	20	21
Bagel, Egg, and Cream Cheese Fun Lunch	Breaded Chicken Drumstick with Fresh-Baked Biscuit	Biscuit and Turkey Sausage Country Gravy with Cheesy Scrambled Eggs	Popcorn Chicken	Macaroni and Cheese
Strawberry Yogurt	BBQ Baked Beans	Tater Tots	Garlic Mashed Potatoes	Seasoned Mixed Veggies
Fresh Baby Carrots	Fresh Celery Sticks	Fresh Baby Carrots	Fresh Cucumber Slices	Fresh Broccoli Florets
Chilled Diced Pears	Mandarin Oranges	Sliced Peaches	Mixed Fruit Cocktail	Cinnamon Applesauce
Fresh Apple Slices	Fresh Banana	Fresh Pear	Fresh Orange Wedges	Fresh Apple Slices
Milk	Milk	Milk	Milk	Milk
24	25	26	27	28
Teriyaki Beef Dipper with Dinner Roll	Turkey, Cheese, and Bacon Panini	Beef Hot Dog on Whole Wheat Bun	Sweet and Sour Chicken with Pineapple and Bell Peppers with Brown Rice	Toasty Cheese Sandwich
Seasoned Broccoli Florets	Seasoned Corn	Seasoned Mixed Vegetables	Seasoned Broccoli	Harvest Tomato Basil Soup
Fresh Baby Carrots	Red and Green Bell Pepper Strips	Fresh Celery Sticks	Fresh Cherry Tomatoes	Fresh Broccoli Florets
Mandarin Oranges	Chilled Peaches	Sliced Peaches	Pineapple Tidbits	Diced Pears
Fresh Apple Slices	Fresh Banana	Fresh Pear	Fresh Orange Wedges	Craisin
Milk	Milk	Milk	Milk	Milk
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