



Ames Chrisitan Lunch Menu: April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Popcorn Chicken with a WG Dinner Roll Garlic Mashed Potatoes Fresh Broccoli Florets Sliced Peaches Fresh Apple Milk	Pizza Pasta Casserole with Toasted Flat Bread Roasted Green Beans Fresh Baby Carrots Chilled Pears Fresh Banana Milk	Scrambled Egg Patties with Cheese and a Fresh Baked Biscuit Tater Tots Sugar Snap Peas Fresh Apples Clementine Oranges Milk	Thai Chili Popcorn Chicken with Brown Rice Cinnamon Glazed Baby Red and Green Bell Fruit Cocktail Fresh Pear Milk	No School
10	11	12	13	14
No School	The Perfect Sloppy Joe on WG Bun Steamed Peas Fresh Celery Sticks Cinnamon Applesauce Fresh Banana Milk	Spaghetti and Meatballs in Marinara Sauce Steamed Corn Fresh Cauliflower Florets Tropical Fruit Cocktail Clementine Oranges Milk	Sweet and Sour Chicken with Brown Rice Red and Green Bell Cool Peas Raisins Fresh Pear Milk	BBQ Chicken Drumstick with Cornbread BBQ Baked Beans Fresh Broccoli Florets Craisins Fresh Orange Wedges Milk
17	18	19	20	21
Chicken Cordon Bleu with Seasoned Rotini Pasta Boston Baked Beans Fresh Baby Carrots Craisins Fresh Apple Milk	Toasty Cheese Sandwich with Fiesta Tomato Soup Seasoned Corn Fresh Celery Sticks Mandarin Oranges Fresh Banana Milk	French Toast Sticks with Cheesy Scrambled Eggs Tater Tots Fresh Cauliflower Florets Chilled Peaches Clementine Oranges Milk	Chicken Lo Mein with Korean BBQ Sauce Steamed Broccoli Red and Green Bell Pineapple Chunks Fresh Pear Milk	Chicken and Waffles and Maple Syrup Mixed Vegetables Fresh Sugar Snap Peas Chilled Pears Fresh Orange Wedges Milk
24	25	26	27	28
Pulled BBQ Chicken on WG Bun Roasted Green Beans Fresh Celery Sticks Fresh Apple Fresh Apple Milk	Beef and Bean Chili with WG Cinnamon Roll Seasoned Black Beans Fresh Broccoli Florets Raisins Fresh Banana Milk	Chicken Alfredo Pasta Roasted Broccoli Florets Fresh Cucumber Slices Strawberry Applesauce Clementine Oranges Milk	Kung Pow Chicken with Brown Rice Buffalo Cauliflower Fresh Grape Tomatoes Chilled Peaches Fresh Pear Milk	Salisbury Steak with Rotini Pasta Steamed Corn Fresh Baby Carrots Chilled Pears Fresh Orange Wedges Milk

Menu Subject to Change.

Milk Choices Daily: 1% and Skim White, and Skim Chocolate

This institution is an equal opportunity provider.

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