



**Ames Christian Lunch Menu: August 2023**

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|--|---|--|
| 31  | 1   | 2  | 3   | 4  |
|   |   |  |   |  |
| 7   | 8   | 9  | 10  | 11   |
|   |   |  |   |  |
| 14  | 15  | 16   | 17  | 18   |
|   |   |  |   |  |
| 21  | 22  | 23   | 24  | 25   |
|   |   | <b>Pizza Crunchers with Marinara Sauce</b><br>Roasted Broccoli<br>Grape Tomatoes<br>Chilled Peaches<br>Fresh Orange<br>Milk              | <b>Popcorn Chicken with a WG Dinner Roll</b><br>Garlic Mashed Potatoes<br>Fresh Broccoli Florets<br>Chilled Pears<br>Fresh Apple<br>Milk                            | <b>BBQ Chicken Drumstick with a Fresh Baked Biscuit</b><br>BBQ Baked Beans<br>Fresh Cauliflower Florets<br>Craisins<br>Fresh Orange Wedges<br>Milk |
| 28  | 29  | 30   | 31  |  |
| <b>Mini Turkey Corn Dogs</b><br>Roasted Green Beans<br>Fresh Cherry Tomatoes<br>Sliced Pears<br>Fresh Apple<br>Milk                                 | <b>Sloppy Joe Sandwich</b><br>Steamed Peas<br>Fresh Celery Sticks<br>Applesauce<br>Fresh Banana<br>Milk | <b>Meatballs Marinara with Spaghetti</b><br>Seasoned Corn<br>Fresh Cauliflower Florets<br>Tropical Fruit Cocktail<br>Fresh Peach<br>Milk | <b>Sweet and Sour Chicken with Pineapple and Bell Peppers with Brown Rice</b><br>Roasted Bell Peppers<br>Broccoli and Baby Carrots<br>Raisins<br>Fresh Pear<br>Milk |  |
| Menu Subject to Change.<br>This institution is an equal opportunity provider.<br>Contact us: Marilyn Rutherford @ marilyn.rutherford@ames.k12.ia.us |   |  | Milk Choices Daily: 1% and Skim White, and Skim Chocolate   |  |

