



Ames Christian Lunch Menu: January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Chorizo Macaroni and Cheese Roasted Broccoli Florets Fresh Celery Sticks Raisins Fresh Apple Milk	Mozzarella Pizza Crunchers with Marinara Sauce Roasted Broccoli Florets Fresh Cauliflower Florets Mandarin Oranges Fresh Banana Milk	Popcorn Chicken with a WG Dinner Roll Garlic Mashed Potatoes Fresh Broccoli Florets Sliced Peaches Clementine Oranges Milk	Sweet Thai Chili Chicken with Brown Rice Cinnamon Glazed Carrots Red and Green Peppers Fruit Cocktail Fresh Pear Milk	BBQ Chicken Drumstick with Cornbread BBQ Baked Beans Fresh Cauliflower Florets Craisins Fresh Orange Wedges Milk
9	10	11	12	13
Mini Turkey Corn Dogs Roasted Green Beans Grape Tomatoes Chilled Pears Fresh Apple Milk	Sloppy Joe on WG Bun Seasoned Peas Celery Sticks Cinnamon Applesauce Fresh Banana Milk	Spaghetti and Meatballs in Marinara Sauce Seasoned Corn Fresh Broccoli & Carrots Tropical Fruit Blend Clementine Oranges Milk	Sweet and Sour Popcorn Chicken with Brown Rice Red and Green Peppers Cool Peas Raisins Fresh Pear Milk	Cheese Stuffed Breadsticks with Marinara Sauce Cheesy Cauliflower Fresh Broccoli Florets Pineapple Chunks Fresh Orange Wedges Milk
16	17	18	19	20
Chicken Cordon Bleu with Seasoned Rotini Pasta Boston Baked Beans Fresh Baby Carrots Craisins Fresh Apple Milk	Tomato Taco Soup with Grilled Cheese Sandwich Steamed Corn Fresh Bell Peppers 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 Cool Peas Pineapple Chunks Fresh Pear Milk	Chicken and Waffles with Syrup Mixed Vegetables Fresh Snap Peas Chilled Pears Fresh Orange Wedges Milk
23	24	25	26	27
Pulled BBQ Pork on WG Bun Roasted Green Beans Fresh Celery Sticks Chilled Apricots 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 WG Rotini Pasta Seasoned Corn Fresh Baby Carrots Sliced Pears Fresh Orange Wedges Milk
30	31			
Chicken Parmesan with Garlic Flatbread Seasoned Corn Fresh Broccoli and Carrots Mandarin Oranges Fresh Apple Milk	Tater Tot Casserole with WG Biscuit Seasoned Peas Cauliflower Florets Craisins Fresh Banana 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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