

Messiah Lutheran Child Care Center

July, August, September 2019 Menu

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
7/1	7/29	8/26	9/23	7/2	7/30	8/27	9/24	7/3	7/31	8/28	9/25	7/4 (closed)	8/1	8/29	9/26	7/5 (closed)	8/2	8/30	9/27
Crispy Chicken* House-Made BBQ Dip Rofini Pasta 3 Way Vegetable Blend Apple WG House-Made Dinner Roll*				Turkey Hot Dog House made ketchup CV: Southwest bean salad HV: Peas & Carrots Banana WG House-Made Hot Dog Bun*				Macaroni & Cheese Broccoli Melon Mix WG House-Made Bread*				New! Sweet & Sour Chicken Steamed Rice CV: Tossed Salad House-Made Italian Dressing HV: Corn Orange WG House-Made Bread*				Parmesan Noodles & Chicken Green Beans Fresh Pear WG House-Made Bread*			
7/8	8/5	9/2 (closed)	9/30	7/9	8/6	9/3		7/10	8/7	9/4		7/11	8/8	9/5		7/12	8/9	9/6	
Parmesan Chicken & Rice Casserole QC Vegetable Blend Orange WG House-Made Dinner Roll*				Cheeseburger Casserole CV: Fresh Broccoli House-Made Ranch Dip HV: Carrot Coins Banana WG House-Made Bread*				Meatloaf & Beef Gravy Herbed Potatoes Corn Hawaiian Fruit Salad WG House-Made Bread*				Chicken Tacos Shredded Lettuce Shredded Cheddar Cheese Southwest Bean Salad Apple WG Soft Flour Tortilla*				Sloppy Joe CV: Cucumber Slices House-Made Ranch Dip HV: Green Peas Melon mix WG House-Made Bun*			
7/15	8/12	9/9		7/16	8/13	9/10		7/17	8/14	9/11		7/18	8/15	9/12		7/19	8/16	9/13	
New! Chicken Tender Wrap* House-Made Honey Mustard Shredded Cheddar Cheese Herbed Potatoes 3 Way Vegetable Blend Apple WG Soft Flour Tortilla*				Beef Tacos Shredded Lettuce Shredded Cheddar Cheese CV: Southwest Bean Salad HV: Peas & Carrots Banana WG Soft Flour Tortilla*				Salisbury Meatballs Rofini Pasta Green Beans Orange WG House-Made Bread*				New! Chicken Teriyaki Sandwich Broccoli Melon Mix WG House-Made Bun*				Macaroni & Cheese CV: Fresh Broccoli House-Made Ranch Dip HV: Carrot Coins Watermelon WG House-Made Bread*			
7/22	8/19	9/16		7/23	8/20	9/17		7/24	8/21	9/18		7/25	8/22	9/19		7/26	8/23	9/20	
Swedish Meatball Mashed Potatoes Carrot Coins Orange WG House-Made Dinner Roll*				Beef Nachos Shredded Cheddar Cheese CV: Southwest Bean Salad HV: Refried beans Sour Cream Spanish Brown Rice* Banana Corn Tortilla Chips				New! Baked Chicken Bites House-Made BBQ Dip Rofini Pasta CV: Cucumber Slices House-Made Ranch Dip HV: Peas & Carrots Cantaloupe WG House-Made Bread				Cheese Ravioli in Marinara Sauce* Corn Apple WG House-Made Bread*				Diced Turkey & Cheese Wrap Honey Mustard Shredded Lettuce New! Potato Salad 3 Way Vegetable Blend Hawaiian Fruit WG Soft Flour Tortilla*			

Our Chicken & Beef are 100% Natural, no artificial ingredients, no artificial colors, no preservatives.

Menu provided by Quality Catering approved by Rana Ahmad, MS RDN LDN

(*) Item is WHOLE GRAIN

Menus are subject to change

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