

# CHRISTIAN CHAPEL ACADEMY

## Fresh Ideas for Lunch

OCTOBER				
Monday	Tuesday	Wednesday	Thursday	Friday
2 Fish Sticks *^ Potato Wedges Green Beans	3 Chicken Patty *^ BBQ Chips ^ Sweet Corn *^	4 Beef & Egg Noodles ^ Peas & Carrots *^ Fortune Cookie ^	5 Meatball Sub ^ BBQ Chips ^ Chocolate Chip Cookie	6 Hamburger or Cheeseburger *^ Lettuce, Tomato & Pickles *^ French Fries *^ Pound Cake
9 Chicken Quesadilla * Spanish Rice *^ Strawberry Ice Cream *	10 Hot Dogs *^ Tater Triangles *^ Green Beans *^	11 Chicken Nuggets ^ Potato Wedges ^ Peas & Carrots *^	12 Roast Beef *^ Mac n' Cheese Mixed Vegetables *^	13 Fried Shrimp ^ Cole Slaw *^ Steamed Broccoli *^
16 Corn Dog ^ Sweet Potato Fries *^ Ranger Cookie	17 Nachos with Cheese, Lettuce, Tomatoes & Salsa Carrot & Celery Sticks *^	18 Open Face Turkey Sandwich with Gravy ^ Mashed Potatoes ^ Corn *^	19 Chicken Fettuccine Alfredo Steamed Broccoli *^ Garlic Bread	20 Waffles & Syrup ^ Bacon *^ Fruit Cocktail *^
23 Chicken Strips ^ Tater Tots *^ Sliced Carrots *^	24 Country Fried Steak ^ Mashed Potatoes * & Gravy Green Beans *^	25 BBQ Chicken Sandwich ^ Baked Beans *^ Potato Salad *^	26 Sloppy Joes ^ Fried Potatoes *^ Sweet Corn *^	27 Pizza Party! Nachos & Salsa *^ Strawberry Shortcake ^
30 <b>K0-K2</b> Fish Sandwich Cheese & Tomato Fries *^ Boston Cream Pie  <i>No School K3-8th Teacher Workday</i>	31 Grilled Ham & Cheese Fries *^ Pineapple *^	<i>Peanut butter &amp; jelly or deli sandwich offered as an entrée alternative every day.</i>  <i>Fresh fruit, sliced bread &amp; butter, milk and juice offered daily.</i>	* Gluten Free ^ Dairy Free	

Nutrition Tip: Protein from meat, fish, and beans, function as building blocks for bones, muscles, cartilage, and skin.

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All Fresh Ideas menus are subject to change due to product shortage or program needs.