



ROSE PARK/SOUTH SIDE/PINE RIDGE

AUG/SEPT 2019

MEAL PRICE: \$2.60

This institution is an equal opportunity provider and employer. For any questions & information contact Sue Lambers: slambers@hollandchristian.org

Milk Only .50
Adult meal: \$3.65
Milk is included with lunch.
1% Chocolate or 1% White milk.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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|  <p>AUG 19</p> <p>Back to School</p> <p>Hot Dog on Bun, Carrots & Celery, Popcorn, Watermelon, Orange Sherbet Cup</p> <p>2 WARM PRETZEL & CHEESE 3 YOGURT PARFAIT</p> | <p>AUG 20</p> <p>Welcome back Carnival Lunch</p> <p>Hot Dog on Bun, Carrots & Celery, Popcorn, Watermelon, Orange Sherbet Cup</p> <p>2 WARM PRETZEL & CHEESE 3 YOGURT PARFAIT</p> | <p>AUG 21</p> <p>Dutch Waffle with Strawberries, Whipped Cream, Potato Triangle, Sausage link, Juice Cup</p> <p>2 TURKEY SUB BAG 3 CHEF SALAD</p> |  <p>AUG 22</p> <p>Dorito Walking Beef Tacos, Cheese, Lettuce, Salsa, Black Beans and Corn, Fresh Grapes</p> <p>2 MUNCHABLE LUNCHABLE 3 PILLSBURY PANCAKE BAG</p> | <p>AUG 23</p> <p>Hamburger on Bun with Cheese, Fun size Cheez-its, Steamed Broccoli, Fresh Grapes</p> <p>2 HAPPY HAM BAG 3 CHEF SALAD</p> |
| <p>AUG 26</p> <p>Tyson Chicken Tenders, Corn, Biscuit, Fruit Choice</p> <p>2 STRAWBERRY BANANA SUNDAE 3 CHEF SALAD</p> | <p>AUG 27</p> <p>Bosco breadsticks w/Marinara sauce, Garden salad, Fruit Choice</p> <p>2 WARM PRETZEL & CHEESE 3 YOGURT PARFAIT</p> | <p>AUG 28</p> <p>Teryaki Beef dippers with Rice, Vegetable blend, Mini egg roll, Pineapple, Fortune Cookie</p> <p>2 TURKEY SUB BAG 3 CHEF SALAD</p> |  <p>AUG 29</p> <p>Pizza Hut Pizza Day Carrots, Peppers, Apples and Grapes</p> | <p>AUG 30</p> <p>SCHOOL HOLIDAY</p> |
|  <p>SEPT 2</p> <p>Happy Labor Day</p> <p>Grilled Cheese with Sugar Snap Peas, Carrots with Hummus, Fun size Pretzels, Peach slices</p> <p>2 WARM PRETZEL & CHEESE 3 YOGURT PARFAIT</p> | <p>SEPT 3</p> <p>Grilled Cheese with Sugar Snap Peas, Carrots with Hummus, Fun size Pretzels, Peach slices</p> <p>2 WARM PRETZEL & CHEESE 3 YOGURT PARFAIT</p> | <p>SEPT 4</p> <p>Rotini Beef Pasta, Garlic Bread, Garden Tossed Salad with Cheese & Croutons, Applesauce</p> <p>2 TURKEY SUB BAG 3 CHEF SALAD</p> | <p>SEPT 5</p> <p>Mini Corn Dogs, Crinkle Fries, Fresh Carrots & Broccoli with Ranch, Fresh Grapes</p> <p>2 MUNCHABLE LUNCHABLE 3 PILLSBURY PANCAKE BAG</p> | <p>SEPT 6</p> <p>Cinnamon French Toast, Sausage Link, Potato Wedge, Fruit Choice</p> <p>2 HAPPY HAM BAG 3 CHEF SALAD</p> |
| <p>SEPT 9</p> <p>Chicken Nuggets with Roll, Corn, Fresh Apple Slices, Grapes</p> <p>2 STRAWBERRY BANANA SUNDAE 3 CHEF SALAD</p> | <p>SEPT 10</p> <p>French Toast Sticks, Potato Triangle, Strawberry yogurt, Banana and Juice Cup</p> <p>2 WARM PRETZEL & CHEESE 3 YOGURT PARFAIT</p> | <p>SEPT 11</p> <p>Orange Chicken Rice Bowl served with Chop Sticks, Stir Vegetables, pineapple and cookie</p> <p>2 TURKEY SUB BAG 3 CHEF SALAD</p> | <p>SEPT 12</p> <p>Macaroni and Cheese, Steamed Green Beans, Blueberry Muffin, Fresh Melon and Grapes</p> <p>2 MUNCHABLE LUNCHABLE 3 PILLSBURY PANCAKE BAG</p> | <p>SEPT 13</p>  <p>Pizza Hut Pizza Day Carrots, Peppers, Apples and Grapes</p> |
| <p>SEPT 16</p> <p>Breaded Chicken Patty on Bun, Lettuce and Tomato, Carrots and Broccoli with Ranch, Apple slices</p> <p>2 STRAWBERRY BANANA SUNDAE 3 CHEF SALAD</p> | <p>SEPT 17</p> <p>Pillsbury mini pancakes, Cheese Omelet, Potato Wedge, Oranges, Bananas, Juice Cup</p> <p>2 WARM PRETZEL & CHEESE 3 YOGURT PARFAIT</p> | <p>SEPT 18</p>  <p>Baseball Lunch Hot Dog on Bun, Popcorn, Fresh Carrots, Watermelon, Mini Ice Cream Sandwich</p> <p>2 TURKEY SUB BAG 3 CHEF SALAD</p> | <p>SEPT 19</p> <p>Cheesy Bread with Marinara Sauce, Fresh Broccoli and Carrots with Hummus, Fresh Melon</p> <p>2 MUNCHABLE LUNCHABLE 3 PILLSBURY PANCAKE BAG</p> | <p>SEPT 20</p>  <p>Cheese Burger on Bun, served with Leaf Lettuce, Fun-size Pretzels, Carrot munchers, Fresh Fruit</p> <p>2 HAPPY HAM BAG 3 CHEF SALAD</p> |
| <p>SEPT 23</p> <p>Meatball Mozzarella Marinara Sub, Fresh Green & Red Peppers, Applesauce, Peach Slices</p> <p>2 STRAWBERRY BANANA SUNDAE 3 CHEF SALAD</p> | <p>SEPT 24</p> <p>Chicken Tenders, Corn Muffin, Sugar Peas with Hummus, Fresh Strawberries</p> <p>2 WARM PRETZEL & CHEESE 3 YOGURT PARFAIT</p> | <p>SEPT 25</p> <p>French Toast Sticks, Potato Triangle, Strawberry yogurt, Banana and Juice Cup</p> <p>2 TURKEY SUB BAG 3 CHEF SALAD</p> | <p>SEPT 26</p> <p>Rotini Pasta with Meat Sauce, Garlic Bread, Garden Salad, Italian Ice</p> <p>2 MUNCHABLE LUNCHABLE 3 PILLSBURY PANCAKE BAG</p> | <p>SEPT 27</p> <p>SCHOOL HOLIDAY</p> |

MONDAY

2 Strawberry Banana Sundae
Lucky Charms, Strawberry Banana Yogurt, Sunflower Seeds, Carrots & Pineapple

3 Chef Salad
Turkey Ham, Tomato, Cheese, Carrots, Edamame, Croutons, Roll, Grapes

TUESDAY

2 Warm Pretzel & Cheese
Pretzel, Cheese Sauce, Fresh Broccoli & Carrots, Mandarin Oranges, Jennie-O Turkey Stick

3 Yogurt Parfait
Vanilla Yogurt Parfait, Granola, Strawberries, Cool Cuke Slices, Tropical Twist, Sunchips

WEDNESDAY

2 Turkey Sub Bag
Turkey & Cheese Sub, Celery, Hummus, Apple Slices, Mini Rice Krispie treat

3 Chef Salad
Turkey Ham, Tomato, Cheese, Carrots, Edamame, Croutons, Roll, Grapes

THURSDAY

2 Munchable Lunchable
Ham and Cheese with Crackers, Fruit Choice, Mango Wango Juice, Mini Rice Krispie

3 Pillsbury Pancake Bag
Pillsbury Pancakes, Cheese Stick, Yogurt, Mango Wango Juice, Strawberries

FRIDAY

2 Happy Ham Bag
Ham & American Cheese on a Sub Bun, Fun Size Chip, Carrots & Celery, Ranch, Fruit Choice

3 Chef Salad
Turkey Ham, Tomato, Cheese, Carrots, Edamame, Croutons, Roll, Grapes