



HOLLAND CHRISTIAN MIDDLE SCHOOL

AUG/SEPT 2019

MEAL PRICE: \$2.65

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

Milk Only .50
Milk is included with lunch. 1% Chocolate or 1% White milk. Please be responsible for your lunch accounts! Thank you

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Back to School</p> <p>Aug 19</p> <p>Tyson Chicken Tenders, 26 Corn, Biscuit, Fruit Choice</p> <p>2 DELI BAR 3 CHEF SALAD</p>	<p>Aug 20</p> <p>Welcome back Carnival Lunch Hot Dog on Bun, Carrots & Celery, Popcorn, Watermelon, Orange Sherbet Cup</p> <p>2 FETTUCINE ALFREDO 3 YOGURT PARFAIT</p>	<p>Aug 21</p> <p>Dutch Waffle with Strawberries, Whipped Cream, Potato Triangle, Sausage link, Juice Cup</p> <p>2 DELI BAR 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 CHICKEN TENDERS 3 CHICKEN CAESAR SALAD</p>	<p>Aug 23</p> <p>Pizza Hut Pizza Day Garden Salad, Carrots, Tomatoes, Croutons, Fruit Slushie</p>
<p>Aug 27</p> <p>Tyson Chicken Tenders, 26 Corn, Biscuit, Fruit Choice</p> <p>2 DELI BAR 3 CHEF SALAD</p>	<p>Aug 27</p> <p>Bosco breadsticks w/Marinara sauce, Garden salad, Fruit Choice</p> <p>2 FETTUCINE ALFREDO 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 DELI BAR 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>SEPT 3</p> <p>Grilled Cheese with Sugar Snap Peas, Carrots with Hummus, Fun size Pretzels, Peach slices</p> <p>2 FETTUCINE ALFREDO 3 YOGURT PARFAIT</p>	<p>SEPT 4</p> <p>Rotini Beef Pasta, Garlic Bread, Garden Tossed Salad with Cheese & Croutons, Applesauce</p> <p>2 DELI BAR 3 CHEF SALAD</p>	<p>SEPT 5</p> <p>Mini Corn Dogs, Crinkle Fries, Fresh Carrots & Broccoli with Ranch, Fresh Grapes</p> <p>2 CHICKEN TENDERS 3 CHICKEN CAESAR SALAD</p>	<p>SEPT 6</p> <p>Pizza Hut Pizza Day Garden Salad, Carrots, Tomatoes, Croutons, Fruit Slushie</p>
<p>SEPT 9</p> <p>Chicken Nuggets with Roll, Corn, Fresh Apple Slices, Grapes</p> <p>2 DELI BAR 3 CHEF SALAD</p>	<p>SEPT 10</p> <p>French Toast Sticks, Potato Triangle, Strawberry yogurt, Banana and Juice Cup</p> <p>2 FETTUCINE ALFREDO 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 DELI BAR 3 CHEF SALAD</p>	<p>SEPT 12</p> <p>Macaroni and Cheese, Steamed Green Beans, Blueberry Muffin, Fresh Melon and Grapes</p> <p>2 CHICKEN TENDERS 3 CHICKEN CAESAR SALAD</p>	<p>SEPT 13</p> <p>Pizza Hut Pizza Day Garden Salad, Carrots, Tomatoes, Croutons, Fruit Slushie</p>
<p>SEPT 16</p> <p>Breaded Chicken Patty on Bun, Lettuce and Tomato, Carrots and Broccoli with Ranch, Apple slices</p> <p>2 DELI BAR 3 CHEF SALAD</p>	<p>SEPT 17</p> <p>Pillsbury mini pancakes, Cheese Omelet, Potato Wedge, Oranges, Bananas, Juice Cup</p> <p>2 FETTUCINE ALFREDO 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 DELI BAR 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 CHICKEN TENDERS 3 CHICKEN CAESAR SALAD</p>	<p>SEPT 20</p> <p>Pizza Hut Pizza Day Garden Salad, Carrots, Tomatoes, Croutons, Fruit Slushie</p>
<p>SEPT 23</p> <p>Meatball Mozzarella Marinara Sub, Fresh Green & Red Peppers, Applesauce, Peach Slices</p> <p>2 DELI BAR 3 CHEF SALAD</p>	<p>SEPT 24</p> <p>Chicken Tenders, Corn Muffin, Sugar Peas with Hummus, Fresh Strawberries</p> <p>2 FETTUCINE ALFREDO 3 YOGURT PARFAIT</p>	<p>SEPT 25</p> <p>French Toast Sticks, Potato Triangle, Strawberry yogurt, Banana and Juice Cup</p> <p>2 DELI BAR 3 CHEF SALAD</p>	<p>SEPT 26</p> <p>Rotini Pasta with Meat Sauce, Garlic Bread, Garden Salad, Italian Ice</p> <p>2 CHICKEN TENDERS 3 CHICKEN CAESAR SALAD</p>	<p>SALAD BAR All meals have Salad bar option! Mixed Greens, Tomatoes, Broccoli, Cauliflower, Shredded Carrots, Edamame Beans, Cheese, Croutons, Fruit, Ranch, French, Italian Dressing</p>

2 CHOICE 2

M/W: DELI BAR
Shaved Ham, Turkey, Salami & Cheeses

Red Choices:
Whole Wheat Sub Roll

TUESDAY:
FETTUCINE ALFREDO
Fettucine Alfredo Caesar Salad, Bread Stick, Fruit Choice

THURSDAY:
CHICKEN TENDERS
Chicken Tenders Waffle Fries, Carrots, Celery, Broccoli, Fresh Fruit

3 CHOICE 3

MONDAY
Chef Salad Romaine
Lettuce, Ham, Turkey, Tomato, Shredded Cheese, Carrots, Garbanzo Beans, Egg, Ranch dressing, Bread, Fruit

TUESDAY
Yogurt Parfait
Parfait, Mini Bagel, Carrots, Ranch, Granola

WEDNESDAY
Chef Salad
Romaine Lettuce, Ham, Turkey, Tomato, Shredded Cheese, Carrots, Garbanzo Beans, Egg, Ranch dressing, Bread, Fruit

THURSDAY
Chicken Caesar Salad
Lettuce, Grilled Chicken, Tomatoes, Croutons, Parmesan, Caesar Dressing, Bread, Fruit

FRIDAY
Chef Salad Romaine
Lettuce, Ham, Turkey, Tomato, Shredded Cheese, Carrots, Garbanzo Beans, Egg, Ranch dressing, Bread, Fruit