



HOLLAND CHRISTIAN MIDDLE SCHOOL

OCTOBER 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>SEPT 30</p> <p>Tyson Mini Mega Chicken Poppers, Steamed Broccoli, Fruit Choice, Mini Chocolate Chip Muffin</p> <p>2 DELI BAR 3 CHEF SALAD</p>	<p>OCT 1</p> <p>Dutch Waffle, Whipped Cream, Strawberry Cup, Potato Triangle, 2 Pork Sausage Links</p> <p>2 FETTUCINE ALFREDO 3 YOGURT PARFAIT</p>	<p>OCT 2</p> <p>Nacho Walking Chips Bags, Beef Taco Meat, Cheese, Lettuce, Salsa, Black Bean and Corn, Fruit Choice</p> <p>2 DELI BAR 3 CHEF SALAD</p>	<p>NEW</p> <p>OCT 3</p> <p>3 Cheese Cavatappi Pasta, Twisted Garlic Breadstick, Garden Salad, Ranch, Fruit Choice</p> <p>2 CHICKEN TENDERS 3 CHICKEN CAESAR SALAD</p>	<p>OCT 4</p> <p>Pizza Hut Pizza Day Garden Salad, Carrots, Tomatos, Croutons, Fruit Slushie</p>
<p>OCT 7</p> <p>Tyson Chicken Tenders, Whipped Potatoes, Gravy, Green Beans, Ranch, Apple Slices</p> <p>2 DELI BAR 3 CHEF SALAD</p>	<p>OCT 8</p> <p>Eggo Confetti Pancakes, Cheese Omelet, Tator Tots, Fruit Choice</p> <p>2 FETTUCINE ALFREDO 3 YOGURT PARFAIT</p>	<p>OCT 9</p> <p>Soft Large Pretzel Cheese Cup, Cukes and Celery, Hummus, Fruit Choice</p> <p>2 DELI BAR 3 CHEF SALAD</p>	<p>NEW</p> <p>OCT 10</p> <p>Emoji Day! Mini Corn Dogs, Emoticon Potato Shapes, Carrots, Ranch, Emoji Fruit Slushie</p> <p>2 CHICKEN TENDERS 3 CHICKEN CAESAR SALAD</p>	<p>OCT 11</p> <p>Pizza Hut Pizza Day Carrots, Peppers, Apples and Grapes</p>
<p>OCT 14</p> <p>Zoo Shaped Chicken Nuggets, Animal Crackers, Red and Green Peppers, Fruit Choice</p> <p>2 DELI BAR 3 CHEF SALAD</p>	<p>OCT 15</p> <p>Eggo Mini Waffles, Sausage Links, Potato Triangle, Applesauce</p> <p>2 FETTUCINE ALFREDO 3 YOGURT PARFAIT</p>	<p>OCT 16</p> <p>Cinnamon Roll, Chicken Noodle Soup Carrots/Celery, Hummus, Fruit Choice</p> <p>2 DELI BAR 3 CHEF SALAD</p>	<p>OCT 17</p> <p>Hamburger, Cheese, Lettuce, Crinkle Fries, Fruit Choice, Mini Ice Cream Sandwich</p> <p>2 CHICKEN TENDERS 3 CHICKEN CAESAR SALAD</p>	<p>OCT 18</p> <p>Pizza Hut Pizza Day Garden Salad, Carrots, Tomatos, Croutons, Fruit Slushie</p>
<p>OCT 21</p> <p>Hot Dog on Bun, Fun Size Popcorn, Baked Beans, Strawberry Cup, Mini Vanilla Ice Cream</p> <p>2 DELI BAR 3 CHEF SALAD</p>	<p>OCT 22</p> <p>Pillsbury Mini Cinnamon French Toast, Sausage Links, Potato Circles, Fruit Choice</p> <p>2 FETTUCINE ALFREDO 3 YOGURT PARFAIT</p>	<p>OCT 23</p> <p>HALF DAY SCHOOL</p>	<p>OCT 24</p> <p>SCHOOL HOLIDAY</p>	<p>OCT 25</p> <p>SCHOOL HOLIDAY</p>
<p>NEW</p> <p>OCT 28</p> <p>Tyson Breaded "Dilly" Chicken Nuggets, Waffle Fries, Hawaiian Roll, Fruit Choice</p> <p>2 DELI BAR 3 CHEF SALAD</p>	<p>OCT 29</p> <p>Dutch Waffle, Whipped Cream, Strawberry cup, Potato Triangle, 2 Pork sausages, Apple Juice</p> <p>2 FETTUCINE ALFREDO 3 YOGURT PARFAIT</p>	<p>NEW</p> <p>OCT 30</p> <p>Cowboy Day Pork Rib-Q with Biscuit, Cowboy Beans, Trail Mix, Dried Apples & Granola, Fruit Choice</p> <p>2 DELI BAR 3 CHEF SALAD</p>	<p>OCT 31</p> <p>Breaded Chicken Tenders, Over waffle, Corn, Apple Slices</p> <p>2 CHICKEN TENDERS 3 CHICKEN CAESAR SALAD</p>	<p>NOV 1</p> <p>Pizza Hut Pizza Day Garden Salad, Carrots, Tomatos, Croutons, Fruit Slushie</p>

2 CHOICE 2

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

Bread 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

SALAD BAR
All meals have Salad bar option!
Mixed Greens, Tomatoes, Broccoli, Cauliflower, Shredded Carrots, Edamame Beans, Cheese, Croutons, Fruit, Ranch, French, Italian Dressing

