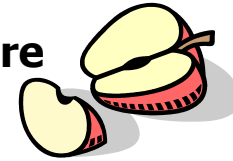


# Mount Zion Christian Academy and Daycare Breakfast/Lunch Menu



**\*\*\*Available Daily\*\*\***

## BREAKFAST

Cereal (variety) w/Toast

## LUNCH

Chef Salads and/or Meat Subs



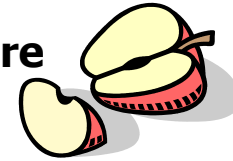
## BREAKFAST AND LUNCH

1% Milk (Unflavored, Strawberry, and Chocolate)

**WHOLE MILK (infants)/1% (2-4 yr olds) AVAILABLE FOR DAYCARE**

Week 1	Week 1	Week 1	Week 1	Week 1
French Toast Sticks Apples	Grits w/Toast Peaches	Bagel w/Cream Cheese Applesauce	Hash Browns w/Sausage Juice	Blueberry Muffin Banana
Meaty Spaghetti Corn Fruit Cocktail Roll	Salisbury Steak Rice California Blend Fruit	Turkey Sub Vegetable Soup Banana	Herb Baked Chicken Garlic Mashed Potatoes Orange Wedges Roll	Cheeseburger Tater Tots/French Fries Tossed Salad Fresh Apples
Week 2	Week 2	Week 2	Week 2	Week 2
Cheesy Grits w/Toast Orange Wedges	Pancakes w/Syrup Pineapple	Cheese Eggs w/Toast Fruit Cocktail	Sausage Biscuits 100% Fruit Juice	Pop Tart w/Toast Sliced Fresh Apples
Chicken Alfredo Garden Peas Roll Banana	Taco Salad w/Salsa Shredded Lettuce w/Diced Tomatoes Pintos Pineapple	Pepperoni Pizza Cheese Pizza Corn on Cob Veggie Pasta Salad Peaches	Hot Dogs w/Trimnings Chicken Nuggets Baked Beans Coleslaw Applesauce	Oven Fried Chicken Baked Sweet Potatoes Green Beans Roll Fresh Fruit Bowl
Week 3	Week 3	Week 3	Week 3	Week 3
Ham Roll Mixed Fruit	Pancake on a Stick Orange Juice	Oatmeal w/Toast Bananas	Cinnamon Biscuit Applesauce	Assorted Cereal w/Toast Pineapple Chunks
Loaded Baked Potato Italian Salad Peaches	Chicken Fajita California Blend Orange Wedges	Beef Enchiladas Mexican Corn Pineapple	Turkey Sausage Pizza Cheese Pizza Tossed Salad Mixed Fruit	Chicken Nuggets w/Roll Cheesy Macaroni Broccoli Fresh Apples

# Mount Zion Christian Academy and Daycare Breakfast/Lunch Menu



**\*\*\*Available Daily\*\*\***

## BREAKFAST

Cereal (variety) w/Toast

## LUNCH

Chef Salads and/or Meat Subs



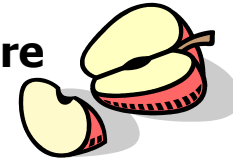
## BREAKFAST AND LUNCH

1% Milk (Unflavored, Strawberry, and Chocolate)

**WHOLE MILK (infants)/1% (2-4 yr olds) AVAILABLE FOR DAYCARE**

Week 4	Week 4	Week 4	Week 4	Week 4
Waffles w/Syrup Mixed Fruit	NutriGrain Bar w/Toast Fruit Cocktail	Sausage Links w/Toast Pineapple	Cheese Toast Baked Apples	Grits w/Toast Fresh Fruit Bowl
Chili Beans w/Cornbread Rice Broccoli w/Cheese Peaches	Steak and Cheese Baked Fries Tossed Salad Pineapple	Bar-B-Que Sandwiches Corn on Cob Fresh Fruit Bowl	Italian Spice Pasta California Blend Peaches Garlic Bread	Fish Nuggets (Daycare/Elem) w/Cornbread Fish (Mid/High) w/Cornbread Cabbage Oranges
Week 5	Week 5	Week 5	Week 5	Week 5
French Toast Sticks Fruit Cocktail	Cinnamon Toast Crunch Bar Peaches	Bagel w/Jelly Applesauce	Hash Browns w/Eggs Banana	Apple Cinnamon Muffin Pineapple
Chicken Pot Pie Broccoli Fresh Apples	BBQ Chicken Rice Pilaf Baked Apples	Ham and Cheese Sub Vegetable Pasta Salad Orange Wedges	Chicken Sandwich Chili/Cheese Fries Fruit Bowl	Lasagna w/Meat Roll Green Beans Mixed Fruit
Week 6	Week 6	Week 6	Week 6	Week 6
Ham and Cheese Biscuit Applesauce	Grits w/Cinnamon Toast Bakes Apples	Cinnamon Biscuit Fresh Apple Slices	Oatmeal w/Cinnamon Toast Banana	Pop Tart w/Toast Fruit Cocktail
Grill Cheese Garden Vegetable Soup Pineapple	Beef Stew w/Rice Turnip Greens Fresh Fruit Bowl	Chicken Salad Sandwiches Broccoli Salad Apple Slices	Baked Ziti Italian Salad Garlic Roll Peaches	Sloppy Joe Corn on Cob Mixed Fruit

# Mount Zion Christian Academy and Daycare Breakfast/Lunch Menu



**\*\*\*Available Daily\*\*\***

## **BREAKFAST**

Cereal (variety) w/Toast

## **LUNCH**

Chef Salads and/or Meat Subs



## **BREAKFAST AND LUNCH**

1% Milk (Unflavored, Strawberry, and Chocolate)

**WHOLE MILK (infants)/1% (2-4 yr olds) AVAILABLE FOR DAYCARE**

\*Menu subject to changes. Changes will be noted on the lunch board.

\*\*Early release and field trip lunches will consist of: Turkey/Ham submarine, carrots w/ranch dressing, fresh fruit, granola bar, and milk.

\*\*\*Holiday meal changes will be sent home.

### **Week 1 Dates**

Aug. 22-26  
Oct. 03-07  
Nov. 14-18  
Jan. 09-13  
Feb. 20-24  
Apr. 02-06  
May 21-25

### **Week 2 Dates**

Aug. 29 - Sep. 02  
Oct. 10-14  
Nov. 21-25  
Jan. 16-20  
Feb. 27 - Mar. 02  
Apr. 16-20  
May 28 - Jun. 1

### **Week 3 Dates**

Sep. 05-09  
Oct. 17-21  
Nov. 28 - Dec. 02  
Jan. 23-27  
Mar. 05-09  
Apr. 23-27  
Jun. 04-08

### **Week 4 Dates**

Sep. 12-16  
Oct. 24-28  
Dec. 05-09  
Jan. 30 - Feb. 03  
Mar. 12-16  
Apr. 30 - May 04

### **Week 5 Dates**

Sep. 19-23  
Oct. 31 - Nov. 04  
Dec. 12-16  
Feb. 06-10  
Mar. 19-23  
May 07-11

### **Week 6 Dates**

Sep. 26-30  
Nov. 07-11  
Jan. 02-06  
Feb. 13-17  
Mar. 26-30  
May 14-18