

Mt. Zion Christian Academy Monthly 2019-2020 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Grits Apples Pattie Sausage Eggs Hash browns	Grits Bacon Eggs French Toast	Grits Smoked Sausage Biscuit Eggs	Grits Waffle Pattie Sausage Eggs Toast	Grits Bacon Fried Potatoes Eggs French Toast
	Lunch	Lunch	Lunch	Lunch	Lunch
	Spaghetti Tossed Salad Garlic Bread	Baked Chicken Rice with Gravy Cabbage Cornbread	Bull Dog Day (All Fixings) Fries	Chinese Chicken Stir Fry Rice Egg Roll	Flap Jack Day Fresh fruit Breakfast meat
Week 2	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Grits Apples Pattie Sausage Eggs Hash browns	Grits Bacon Eggs French Toast	Grits Smoked Sausage Biscuit Eggs	Grits Waffle Pattie Sausage Eggs Toast	Grits Bacon Fried Potatoes Eggs French Toast
	Lunch	Lunch	Lunch	Lunch	Lunch
	Lasagna Italian Salad Garlic Bread	Chicken and Waffles Cheesy Macaroni w/ bacon	Enchiladas (Beef and/or Chicken) Spanish Rice Pinto Beans	Meatballs w/ gravy Mashed Potatoes Mixed Veggies	Chicken Alfredo Broccoli Garlic Bread
Week 3	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Grits Apples Pattie Sausage Eggs Hash browns	Grits Bacon Eggs French Toast	Grits Smoked Sausage Biscuit Eggs	Grits Waffle Pattie Sausage Eggs Toast	Grits Bacon Fried Potatoes Eggs French Toast
	Lunch	Lunch	Lunch	Lunch	Lunch
	Cheeseburger Baked Beans Corn on Cob	Taco Surprise (Soft/Hard Shell) w/ fixings Salad	BBQ Chicken Macaroni and Cheese Green Beans	Salisbury Steak Rice Carrots w/ Green Beans	Freaky FRY Day (Build Your Own)
Week 4	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Grits Apples Pattie Sausage Eggs Hash browns	Grits Bacon Eggs French Toast	Grits Smoked Sausage Biscuit Eggs	Grits Waffle Pattie Sausage Eggs Toast	Grits Bacon Fried Potatoes Eggs French Toast
	Lunch	Lunch	Lunch	Lunch	Lunch
	Chili Beans Rice Cornbread	Fried Chicken Yams Green Beans	Grilled Cheese Vegetable soup Italian Salad	Meatloaf Mac N' Cheese Green Beans	Baked Potato Bar w/ Broccoli