

Happy Black History Month!

Reid Temple Christian Academy Lunch Menu

February 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LET US KNOW WHAT YOU THINK OF THE NEW ITEMS ADDED. WANT TO SEE SOMETHING ADDED? LET US KNOW...WHO KNOWS...YOU MAY SEE THAT ITEM ADDED TO OUR MENU CHOICES!!!!!!	LOOK OUT FOR THE NEW ITEMS *****ADDED THIS MONTH ARE MENU ITEMS INSPIRED BY STUDENTS WHO WERE PAST JUNIOR MASTER CHEFS. ENJOY!!!!!!!!!!!!	BLACH HISTORY MONTH: TIDBIT: Scientist and mathematician Benjamin Banneker is credited with helping to design the blueprints for Washington D.C.	DO YOU KNOW WHO IS THOMAS ANDREW DORSEY? HE WAS CONSIDERED FATHER OF GOSPEL MUSIC AND COMPOSED "TAKE MY HAND PRECIOUS LORD"	1 PIZZA :AND SOUP-Veggie OR Tomato 3 cheese, Pepperoni, Supreme, 3 meats NEW ITEM***Bacon, Jerk chicken***** Spinach & cheesy bread. Baby mesculum mix w/lettuce, carrots, Fresh pineapple chunks, grapes, blueberries, Ice cream and lemon cake
4 *****NO SCHOOL*****	5 LASAGNA: 4 cheeses, Italian, Veggie Meaty. Yellow noodles w/Alfredo sauce, Vegetarian red sauce, Stir fry Normandy veggies w/kale carrots. Spring salad w/dressing, Garlic French bread sticks, Fresh mangoes, kiwi, black grapes	6 Zesty ginger-pineapple meatballs, Steamed white rice OR brown quinoa rice w/yellow rice w/tumeric Buttered carrots & corn, gravy Garden salad w/dressings Applesauce topped w/Fresh blueberries	7 Egg wide noodles, Baked chicken boneless/skinless, gravy, mix veggies 50/50 baby greens, romaine lettuce, hand shredded carrots Cucumbers, vine ripe tomatoes, Fresh orange slices, grapes & strawberries	8 Fried chicken fingers Crinkled, Straight, Seasoned fries Tossed salad w/ variety dressings Fresh green, red, black grapes, yellow kiwi, strawberries Italian icy
11 Baked ziti w/ cheese, Garlic rolls, green beans w/ kale, carrots****NEW ITEM**** Garden salad w/ spinach, baby kale & dressing Cold tropical fruit cup topped w/fresh mangoes, strawberries, papaya.	12 Fried chicken nuggets Straight, Crinkled, seasoned fries Ketchup, honey mustard Tossed salad w/dressing Cold pineapple chunks w/strawberries, green kiwi slices	13 Spaghetti w/noodles, saucy meatballs Garlic bread-sticks, noodles w/sauce Steamed corn/carrots mix, Tossed salad w/ variety dressings Strawberry mango applesauce	HAPPY VALENTINE 14 Grandma's old-fashioned fried chicken w/skillet gravy Buttered brown rice, mashed potato Steamed mixed vegetables Chef salad w/dressings Fresh pineapple chunks	15 All American hot dog on a bun Turkey chili, melted cheese, French fries/cheese fries Ketchup and Mustard Garden salad w/dressings Cold tropical fruit cups Fruited Popsicles
18 *****NO SCHOOL ***** ***** PRESIDENT'S DAY*****	19 Chicken fritters Waffles-Plain, chocolate, strawberry Warm maple syrup Chef's salad w/ variety dressings Cara Cara orange slices w/ fresh pineapples, green apples, strawberries	20 Peach ginger saucy meatballs Steamed sweet Jasmine rice, Yellow rice mixed w/Quinoa, Steamed sweet corn w/ hand shredded carrots, Garden salad w/ dressing, Cinnamon strawberry applesauce	21 TACO-Hard OR Soft , Cilantro & lime rice, grilled chicken bites, pulled pork, Tossed salad w/vine ripe tomatoes, spinach Diced pears/peaches topped w/blueberries	22 BBQ chicken Crinkled, Sweet potato, Straight fries BBQ, Ketchup, Honey mustard 50/50 greens, crunchy lettuce, carrots Diced peaches w/ green grapes, blackberries, strawberries
25 Halal fried chicken wings Sweet potatoes, straight, crinkled fries Honey mustard, ketchup Spring mix salad w/carrots, dressings, Diced peaches, strawberries, kiwi	26 Brown Betty spaghetti w/ meaty sauce Buttered French baguette bread sticks Steamed mixed veggies w/ hand shredded carrots, kale, Alfredo sauce, Tossed salad w/ dressing, Fresh pears, grapes, blueberries	27 Herbed stuffed turkey w/gravy, Steamed sweet Jasmine rice, Yellow rice mixed w/ quinoa & barley. Buttered corn w/hand shredded carrots. Garden salad w/dressing. Cinnamon mango applesauce	28 Philly steak OR chicken and cheese; Vegetable soup, Fresh baked sugar or chocolate chip cookie, Spring mix salad w/dressing, Fresh apple slices, pears & peaches, grapes	

