

April 2018

CLEARFIELD ALLIANCE CHRISTIAN SCHOOL

LUNCH



No School: 4/2 & 4/3
Hot Lunch: \$2.20
Fat-Free Chocolate or 1% White Milk: \$.35



Nutrition Tip: Terrified by tofu? Now is the time to break down those fears, because tofu is rich in protein and calcium, and thus, a fantastic alternative to meat. Tofu can help balance out excess calories during the holidays. Tofu is commonly added to a stir-fry, swapped for meat in soups, used in puddings, added to ricotta for lasagna and blended into smoothies for a creamier texture and extra protein.



Monday

2

No School

Tuesday

3

No School

Wednesday

4

Toasted Cheese Sandwich
Carrot Sticks
Jello
Apple/Banana

Thursday

5

Poppyseed Chicken
Carrot Sticks
Broccoli
Roll
Peaches

Friday

6

Scotto's Pizza
\$1 Per Slice

Chicken Noodle Casserole
Carrot Sticks
Green Beans
Jello
Apple/Banana

9

Taco Salad
Corn
Refried Beans
Jello
Fruit

10

Pizza Muffin
Broccoli
Carrot Sticks
Mixed Fruit

11

Meatball Sandwich
Green Beans
Corn
Fruit

12

Scotto's Pizza
\$1 Per Slice

13

Macaroni & Cheese
Stewed Tomatoes
Broccoli
Apple/Banana

16

Chicken Strip Salad
Carrot Sticks
Corn
Fruit

17

Sloppy Joe
Baked Beans
Sweet Potato Fries
Apple/Banana

18

Chicken Nuggets
Mashed Potatoes
Green Beans
Roll
Peaches

19

Scotto's Pizza
\$1 Per Slice

20

Parents Eat w/ K-8 Students

Pulled Pork Sandwich
Baked Beans
Broccoli
Apple/Banana

23

Chicken Fajitas
Peppers & Onions
Carrot Sticks

24

Hamburger
French Fries
Carrot Sticks
Apple/Banana

25

Ham & Cheese Omelet
Hash Brown
Muffin
Fruit

26

Scotto's Pizza
\$1 Per Slice

27

Chili Cheese Dog
Corn
Green Beans
Apple/Banana

30

