

# September

# 2022

# Grace Christian Academy

All Meals Include a Drink



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			<b>Meat:</b> Cheese Sticks, Cheeseburger, or PBJ <b>Side:</b> Fries, Cucumbers w/Ranch, or Baked Potato <b>Dessert:</b> Cookie or Pastry	
5	6	7	8	9
<b>Meat:</b> Spicy Chicken Sand., Grilled Chicken Sand., or PBJ <b>Side:</b> Fries, Corn on the cob, or Baked Potato <b>Dessert:</b> Cookie or Pudding	<b>Meat:</b> Tacos, Taco Salad, or PBJ <b>Side:</b> Fries, Refried Beans, or Baked Potato <b>Dessert:</b> Cookie or Fruit Cup	<b>Meat:</b> Corn Dog, Mac n Cheese Bowl, or PBJ <b>Side:</b> Fries, Carrots w/Ranch, or Baked Potato <b>Dessert:</b> Cookie or Brownie	<b>Meat:</b> Cheese Sticks, Cheeseburger, or PBJ <b>Side:</b> Fries, Cucumbers w/Ranch, or Baked Potato <b>Dessert:</b> Cookie or Pastry	<b>Meal:</b> Baked Ziti, Salad, Garlic Bread, Dessert <b>Option 2:</b> Grilled Cheese, Fries, and Cookie <b>Option 3:</b> PBJ, Fries, and Cookie
12	13	14	15	16
<b>Meat:</b> Spicy Chicken Sand., Grilled Chicken Sand., or PBJ <b>Side:</b> Fries, Corn on the cob, or Baked Potato <b>Dessert:</b> Cookie or Pudding	<b>Meat:</b> Tacos, Taco Salad, or PBJ <b>Side:</b> Fries, Refried Beans, or Baked Potato <b>Dessert:</b> Cookie or Fruit Cup	<b>Meat:</b> Corn Dog, Mac n Cheese Bowl, or PBJ <b>Side:</b> Fries, Carrots w/Ranch, or Baked Potato <b>Dessert:</b> Cookie or Brownie	<b>Meat:</b> Cheese Sticks, Cheeseburger, or PBJ <b>Side:</b> Fries, Cucumbers w/Ranch, or Baked Potato <b>Dessert:</b> Cookie or Pastry	<b>Meal:</b> Orange Chicken, Fried Rice, Mixed Veggies, Fortune Cookie <b>Option 2:</b> Chicken Nuggets, Fries, and Fortune Cookie <b>Option 3:</b> PBJ, Fries, and Cookie
19	20	21	22	23
<b>FALL BREAK</b>	<b>FALL BREAK</b>	<b>FALL BREAK</b>	<b>FALL BREAK</b>	<b>FALL BREAK</b>
26	27	28	29	30
<b>Meat:</b> Fish, Chef Salad, Chicken Caesar Wrap, or PBJ <b>Side:</b> Fries, Cole Slaw, or Baked Potato <b>Dessert:</b> Cookie or Pudding	<b>Meat:</b> Cheese Quesadillas, Nachos and Cheese, or PBJ <b>Side:</b> Fries, Mexican Rice, or Baked Potato <b>Dessert:</b> Cookie or Fruit Cup	<b>Meat:</b> Chicken Alfredo Bowl, Turkey Club Sandwich, or PBJ <b>Side:</b> Fries, Broccoli, or Baked Potato <b>Dessert:</b> Cookie or Brownie	<b>Meat:</b> Chicken Tenders, Hot Dog, or PBJ <b>Side:</b> Fries, Potato Salad, or Baked Potato <b>Dessert:</b> Cookie or Pastry	<b>Meal:</b> Country Fried Steak, Rice Green Beans, Banana Pudding <b>Option 2:</b> Ham Club Sandwich, Fries, and Banana Pudding <b>Option 3:</b> PBJ, Fries, and Cookie