

ARK Christian Academy

MONTHLY MEAL PLAN

LUNCH SERVING PORTION: 1 OUNCE OF PROTEIN, TWO TABLESPOONS OF VEGGIES, AND ½ CUP OF GRAINS (RICE / PASTA / NOODLE). **Pizza Day - Once every last friday of the month**

SNACKS SERVING PORTION: ⅓ CUP OF DAIRY PRODUCTS / ½ CUP OF FRESH FRUITS
⅓ CUP OF HEALTHY SNACKS, AND 1 CUP OF 4oz MILK / JUICE

LUNCH WEEK 1 & 2

MON	1) Chicken w/ Carrot & Potato Stew Rice 2) Cream of Mushroom Bow-Tie Pasta w/ Ham
TUE	1) Taiwanese Beef Stew Noodle w/ Carrot 2) Sliced Beef w/ Broccoli Rice
WED	1) Ground Pork w/ Tofu & Tomato Sauce Rice 2) Pork Meatballs w/ Cabbage Soup Noodle
THU	1) Japanese Beef & Onion Rice 2) Orange Chicken Rice w/ Pineapple & Pepper
FRI	1) Chicken Fried Rice w/ Vegetables 2) Pork Fried Rice with Corn, Carrots, and Peas

LUNCH WEEK 3 & 4

MON	3) Chicken w/ Carrot & Potato Stew Rice 4) Beef with Tofu in Tomato Sauce and Rice
TUE	3) Ground Pork w/ Tofu in Tomato Sauce Rice 4) Pork Meatballs w/ Cabbage Soup Noodle
WED	3) Japanese Beef & Onion Rice 4) Orange Chicken Rice w/ Pineapple & Pepper
THU	3) Cream of Mushroom Bow-Tie Pasta w/ Ham 4) Spaghetti w/ Ground Beef & Veggies
FRI	3) Pork Fried Rice with Corn, Carrots, and Peas 4) Teriyaki Chicken Rice w/ Broccoli

AM SNACKS

MON	Honey Maid Crackers Fresh Fruits
TUE	Whole Grain Cheerios/ Corn flakes & Milk
WED	Saltine Crackers Fresh Fruits
THU	Cheese & Crackers
FRI	Animal Crackers Fresh fruits

PM SNACKS

MON	Club Crackers Apple Juice
TUE	Ritz Crackers Orange Juice
WED	Nilla Wafers Apple Juice
THU	Puffed Rice Cake Orange Juice
FRI	Tortilla Chips Apple Juice