



# JANUARY | 2023

## CALVARY ACADEMY LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|   |  |   |   |                            |
|---|--|---|---|----------------------------|
| 2<br><br>SCHOOL CLOSED  | 3<br><br>BEEF & NOODLES<br>BEEF CRUMBLES & EGG<br>NOODLES COOKED IN<br>A BEEF BROTH<br>SLICED COOKED CARROTS<br>MIXED FRUIT                                    | 4<br><br>BURRITO – K5-6 <sup>TH</sup> GRADE<br>CHICKEN TACO MEAT & CHEESE<br>INSIDE A SOFT WG TORTILLA<br>CHICKEN FAJITA – J.H. & H.S.<br>REFRIED BEANS<br>BAKED APPLES WITH CINNAMON<br>TORTILLA CHIPS<br>L.F. SOUR CREAM / SALSA        | 5<br><br>SUB SANDWICH<br>TURKEY BOLOGNA, HAM,<br>SALAMI & SLICED AMERICAN<br>CHEESE ON A WG SUB BUN<br>CAULIFLOWER & BROCCOLI<br>BANANA<br>GOLDFISH CRACKERS      | 6<br><br>SMORGASBORD DAY!  |
| 9<br><br>MOSTACCIOLI<br>WG MOSTACCIOLI NOODLES<br>IN MEAT SAUCE<br>CHEESE STICK<br>GREEN BEANS<br>SLICED PEARS<br>WG GARLIC BREAD                               | 10<br><br>CHICKEN NUGGETS<br>WG BREADED, OVEN BAKED,<br>CHICKEN NUGGETS<br>MASHED POTATOES<br>CHICKEN GRAVY<br>DICED PEACHES<br>WG ROLL<br>BBQ SAUCE / KETCHUP | 11<br><br>SALAD BAR DAY!<br>MIXED GREENS WITH CHOICE OF<br>DICED CHICKEN, EGG, OR HAM<br>R.F. SHREDDED CHED. CHEESE<br>CHERRY TOMATOES, SLICED<br>CUCUMBERS & PEPPERS<br>CHOICE OF DRESSINGS<br>MANDARIN ORANGE SEGMENTS<br>WG BREADSTICK | 12<br><br>GRILLED CHEESE SANDWICH<br>SLICED AMERICAN CHEESE ON<br>TOASTED HONEY WHEAT<br>WG BREAD<br>SLICED COOKED CARROTS<br>APPLESAUCE<br>WG CEREAL & SNACK MIX | 13<br><br>SMORGASBORD DAY! |
| 16<br><br><b>NO SCHOOL</b><br>IN OBSERVANCE OF<br>MARTIN LUTHER KING JR. DAY  | 17<br><br>POPCORN CHICKEN<br>WG BREADED, OVEN BAKED,<br>CHICKEN PIECES<br>MASHED POTATOES<br>CHICKEN GRAVY<br>SLICED PEACHES<br>WG ROLL<br>BBQ SAUCE / KETCHUP | 18<br><br>TURKEY & BACON WRAP<br>SLICED TURKEY BREAST,<br>TURKEY BACON, CHEESE, &<br>RANCH DRESSING WRAPPED<br>UP INSIDE OF A WG TORTILLA<br>MIXED RAW VEGGIES WITH<br>L.F. RANCH DIP<br>ORANGE / PRETZELS                                | 19<br><br>VEGETABLE BEEF SOUP<br>CHEESE STICK<br>CARROT & CELERY STICKS<br>BANANA<br>CORNBREAD  | 20<br><br>SMORGASBORD DAY! |
| 23<br><br>WALKING TACO<br>CHILI WITH BEEF & BEANS<br>OVER FRITO CORN CHIPS<br>CORN<br>DICED PEARS<br>L.F. SOUR CREAM  | 24<br><br>CHICKEN DAY!<br>YOUR CHOICE OF DIFFERENT<br>KINDS OF CHICKEN<br>SWEET POTATO WAFFLE FRIES<br>MIXED FRUIT<br>WG ROLL<br>BBQ SAUCE / KETCHUP           | 25<br><br>BAKED POTATO BARI!<br>K5-6 – BAKED POTATO WITH<br>CHEDDAR CHEESE & HAM<br>J.H. & H.S. CHOICE OF HAM,<br>CHEESE, OR CHILI<br>GOLDEN DELICIOUS APPLE<br>WG ROLL<br>L.F. SOUR CREAM  | 26<br><br>PIZZA<br>MIXED GREEN SALAD WITH<br>CHOICE OF L.F. RANCH OR<br>ITALIAN DRESSING<br>MANDARIN ORANGE   | 27<br><br>SMORGASBORD DAY! |
| 30<br><br>CHEESE FILLED BREADSTICKS<br>WG BREADSTICKS STUFFED<br>WITH L.F. MOZZARELLA<br>CHEESE<br>GREEN BEANS<br>SLICED BAKED APPLES<br>MARINARA DIPPING SAUCE | 31<br><br>CHICKEN SANDWICH<br>WG BREADED, OVEN BAKED<br>CHICKEN PATTY ON A<br>WG HONEY WHEAT BUN<br>SLICED COOKED CARROTS<br>APPLESAUCE                        | 1   | 2   | 3                          |



**2023/2024  
ENROLLMENT  
OPENS IN  
JANUARY!**

*An email will be sent to all  
current CA families when  
online enrollment opens.*

