

Lunch Menu	Mt. Juliet Christian Academy				August 5-9
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Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
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 Sizzle & Main	Sizzle & Main Combo—Served with Choice of Fruit & Beverage		Entrees-4.75 Sides-2.50 Combo-6.00/6.75/7.50	
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			Fried Catfish Braised Collard Greens Potato Salad Hushpuppies Fried Okra Corn Bread	<u>Macaroni and Cheese Bar</u> Macaroni and Cheese Buffalo Chicken, Roasted Chicken, Ham, Pulled Pork, Bacon Bits, Peas, Broccoli
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 The Balanced Bite	Balanced Bite Combo—Served with Choice of Chips, Fruit & Beverage		Sandwich-4.50 Combo 7.50	
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Made to Order Sandwiches & Wraps

 Rosemary Wilds	Rosemary Wilds Combo—Served with a Choice of Fruit & Beverage		Pizza Slice-3.50 Combo 1 slice-6.00 2 slice-7.50	
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Fresh Baked Cheese and Pepperoni Pizza

Gordon's Grill Combo—Served with Fries & Beverage		Grill Item-4.50 Fries-2.50 Combo-7.50	
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Fresh Grilled Hamburgers, Chicken Sandwiches and French Fries

 Sprout Berry's	Salad & Deli — Available Everyday		Entrée Salad-6.50 Side Salad-3.50 Cups-2.75	
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Entrée Salads, Whole Fresh Fruit, Fresh Cut Fruit Cups, Yogurt Cups, Pudding Parfaits, Side Salads, Bottled Beverages, Bottled Water, Milk, Juices and MORE



*ChefAdvantage is committed to serving
Nutritious and Delicious Meals!*
Locally sourced ingredients whenever possible
No High Fructose Corn Syrup, Trans Fats, or MSG



Lunch Menu

Mt. Juliet Christian Academy

August 12-16

Monday 12

Tuesday 13

Wednesday 14

Thursday 15

Friday 16



Sizzle & Main Combo-Served with Choice of Fruit & Beverage

Entrees-4.75 Sides-2.50 Combo-6.00/6.75/7.50

Butter Chicken
Curry Garbanzo Beans
Creamy Spinach
Jasmine Rice
Garlic Naan

Taco Salad
Beef or Chicken Salad
Lime Cilantro Vinaigrette
Black Bean Corn Salsa
Pico de Gallo
Guacamole

Baked Potato Bar
Bacon, Buffalo Chicken,
Roasted Chicken, Chili, BBQ
Pork, Broccoli, Sour Cream,
Butter, Green Onions

Honey Glazed Ham
Macaroni and Cheese
Steamed Peas
Buttered Corn
Dinner Roll

Breakfast for Lunch
Scrambled Eggs,
Pancakes, Bacon, Sausage
Home Fried Potatoes
Apple Compote



Balanced Bite Combo—Served with Choice of Chips, Fruit & Beverage

Sandwich-4.50 Combo 7.50

Made to Order Sandwiches & Wraps



Rosemary Wilds Combo—Served with a Choice of Fruit & Beverage

Pizza Slice-3.50 Combo 1 slice-6.00 2 slice-7.50

Fresh Baked Cheese and Pepperoni Pizza

Gordon's Grill Combo—Served with Fries & Beverage

Grill Item-4.50 Fries-2.50 Combo-7.50

Fresh Grilled Hamburgers, Chicken Sandwiches and French Fries



Sprout Berry's — Available Everyday

Entrée Salad-6.50 Side Salad-3.50 Cups-2.75

Entrée Salads, Whole Fresh Fruit, Fresh Cut Fruit Cups, Yogurt Cups, Pudding Parfaits, Side Salads, Bottled Beverages, Bottled Water, Milk, Juices and MORE



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Lunch Menu	Mt. Juliet Christian Academy			August 19-23
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Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
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	Sizzle & Main Combo—Served with Choice of Fruit & Beverage	Entrees-4.75 Sides-2.50 Combo-6.00/6.75/7.50
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Beef Stroganoff Beef, Mushroom Cream Sauce Egg Noodles Roasted Cauliflower Spinach Salad Dinner Roll	<u>Quesadilla Bar</u> Beef, Chicken or Cheese Quesadilla Cilantro Lime Rice Fajita Mixed Vegetables Chipotle Sweet Potatoes	Chicken and Waffles Sweet Potato Fries Roasted Carrots Buttered Peas Hot Honey Sauce	<u>National Eat a Peach Day</u> Peach Glazed Pork Chop Smashed Potatoes Green Bean Casserole Roasted Brussel Sprouts Peach & Applesauce	<u>Hot Dog Bar</u> Beef Hot Dog Chili, Cheese Sauce, Tomatoes, Onions, Relish, Pickles, Sauerkraut, Bacon Corn on the Cob Curly Fries
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	Balanced Bite Combo—Served with Choice of Chips, Fruit & Beverage	Sandwich-4.50 Combo 7.50
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Made to Order Sandwiches & Wraps

	Rosemary Wilds Combo—Served with a Choice of Fruit & Beverage	Pizza Slice-3.50 Combo 1 slice-6.00 2 slice-7.50
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Fresh Baked Cheese and Pepperoni Pizza

Gordon's Grill Combo—Served with Fries & Beverage	Grill Item-4.50 Fries-2.50 Combo-7.50
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Fresh Grilled Hamburgers, Chicken Sandwiches and French Fries

	Sprout Berry's — Available Everyday	Entrée Salad-6.50 Side Salad-3.50 Cups-2.75
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Entrée Salads, Whole Fresh Fruit, Fresh Cut Fruit Cups, Yogurt Cups, Pudding Parfaits, Side Salads, Bottled Beverages, Bottled Water, Milk, Juices and MORE

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Lunch Menu	Mt. Juliet Christian Academy				August 26-30
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Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
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Sizzle & Main	Sizzle & Main Combo—Served with Choice of Fruit & Beverage		Entrees-4.75 Sides-2.50 Combo-6.00/6.75/7.50	
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Pork Tonkatsu Ramen Bowl Soy Glazed Edamame Stir Fried Vegetables Vegetable Egg Rolls	<u>Taco Tuesday Bar</u> Chicken or Seasoned Beef Tacos Yellow Rice Seasoned Pinto Beans Mexican Street Corn	No Lunch Professional Development Day	Fried Chicken Breast Mashed Potatoes Southern Green Beans Braised Collard Greens Baked Apples Dinner Roll	<u>Assorted Flatbreads</u> Margarita, Buffalo Chicken & Cheddar, BLT, Sausage & Spinach Roasted Cauliflower Caesar Salad
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The Balanced Bite	Balanced Bite Combo—Served with Choice of Chips, Fruit & Beverage		Sandwich-4.50 Combo 7.50
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Made to Order Sandwiches & Wraps

Rosemary Wilds	Rosemary Wilds Combo—Served with a Choice of Fruit & Beverage		Pizza Slice-3.50 Combo 1 slice-6.00 2 slice-7.50	
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Fresh Baked Cheese and Pepperoni Pizza

Gordon's Grill Combo—Served with Fries & Beverage		Grill Item-4.50 Fries-2.50 Combo-7.50
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Fresh Grilled Hamburgers, Chicken Sandwiches and French Fries

Sprout Berry's	Salad & Deli	Sprout Berry's — Available Everyday	Entrée Salad-6.50 Side Salad-3.50 Cups-2.75
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Entrée Salads, Whole Fresh Fruit, Fresh Cut Fruit Cups, Yogurt Cups, Pudding Parfaits, Side Salads, Bottled Beverages, Bottled Water, Milk, Juices and MORE

			<p style="text-align: center;"><i>ChefAdvantage is committed to serving Nutritious and Delicious Meals!</i></p> <p style="text-align: center;">Locally sourced ingredients whenever possible No High Fructose Corn Syrup, Trans Fats, or MSG</p>	
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Lunch Menu **Mt. Juliet Christian Academy** **Week 6**

Monday **Tuesday** **Wednesday** **Thursday** **Friday**

Sizzle & Main **Sizzle & Main Combo—Served with Choice of Fruit & Beverage** **Entrees-4.75 Sides-2.50 Combo-6.00/6.75/7.50**

<p>Jerk Pork Pineapple and Pepper Relish Red Beans and Rice Mashed Sweet Potatoes Quinoa Salad</p>	<p><u>Nacho Grande Bar</u> Seasoned Beef or Chicken, Mexican Black Beans, Queso, Salsa, Sour Cream Honey Chile Glazed Squash Mexican Street Corn</p>	<p>Baked Penne Pasta Sauteed Garlic Squash Kale Salad Garlic Bread</p>	<p>Chicken and Dumplings Balsamic Brussel Sprouts Cheesy Baked Broccoli Corn Bread</p>	<p>FLOAT DAY FOR FOOD HOLIDAYS</p>
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The Balanced Bite **Balanced Bite Combo—Served with Choice of Chips, Fruit & Beverage** **Sandwich-4.50 Combo 7.50**

Made to Order Sandwiches & Wraps

ROSEMARY WILDS **Rosemary Wilds Combo—Served with a Choice of Fruit & Beverage** **Pizza Slice-3.50 Combo 1 slice-6.00 2 slice-7.50**

Fresh Baked Cheese and Pepperoni Pizza

Gordon's Grill Combo—Served with Fries & Beverage **Grill Item-4.50 Fries-2.50 Combo-7.50**

Fresh Grilled Hamburgers, Chicken Sandwiches and French Fries

Sprout Berry's Salad & Deli **Sprout Berry's — Available Everyday** **Entrée Salad-6.50 Side Salad-3.50 Cups-2.75**

Entrée Salads, Whole Fresh Fruit, Fresh Cut Fruit Cups, Yogurt Cups, Pudding Parfaits, Side Salads, Bottled Beverages, Bottled Water, Milk, Juices and MORE



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