

Lunch orders must be placed through Lunch Direct by **Wednesday** for the following week.

OCTOBER 2023

Berean Christian Academy

Lunches Provided By:
Roadrunner Foods
 (p) 281-565-7902
www.RoadrunnerFoodService.com

Monday

NEW ITEM!

2

Chicken Parmesan Pasta Bake
 Organic Peas & Diced Carrots Blend
 Dinner Roll
 Organic Seasonal Fresh Fruit
 V: Spaghetti w/ Marinara Sauce & Mozzarella

Tuesday

Breakfast For Lunch!

3

Mini Buttermilk Pancakes w/ Syrup
 Potatoes O'Brien w/ Organic Tri-Colored Bell Peppers
 Turkey Sausage Patty
 Organic Seasonal Fresh Fruit
 V: Veggie "Sausage" Patty

Wednesday

**CHICK-FIL-A
 SPIRIT LUNCH**

4

Thursday

Beef Burger w/ Cheddar Cheese
 Buttered Corn
 Organic Oven Baked Tater Tots
 Organic Seasonal Fresh Fruit

V: Veggie Burger

Friday

6

SCHOOL CLOSED

9

Ground Beef Soft Taco w/ Monterey Jack Cheese
 Spanish Rice w/ Organic Mixed Veggies
 Refried Beans
 Organic Seasonal Fresh Fruit
 V: Bean & Cheese Roll Up

Sliced BBQ Chicken Breast w/ Mashed Potatoes
 Organic Buttered Corn
 Dinner Roll
 Organic Seasonal Fresh Fruit
 V: Veggie BBQ "Chicken" Strips

11

Oven Baked Chicken Tenders
 Organic Green Beans
 Steamed White Rice w/ Brown Gravy
 Organic Seasonal Fresh Fruit

V: Veggie Nuggets

12

13

Chicken & Spinach Rigatoni Pasta w/ Marinara Sauce
 Organic Peas & Diced Carrots Blend
 Dinner Roll
 Organic Seasonal Fresh Fruit
 V: Rigatoni Pasta w/ Spinach & Marinara

16

Breakfast For Lunch!
 French Toast Sticks w/ Syrup
 Potatoes O'Brien w/ Organic Tri-Colored Bell Peppers
 Turkey Sausage patty
 Organic Seasonal Fresh Fruit
 V: Veggie Sausage Patty

17

**CHICK-FIL-A
 SPIRIT LUNCH**

18

Arroz Con Pollo
 (Yellow Rice w/ Chicken & Veggies)
 Organic Oven Roasted Baby Carrots
 Hawaiian Roll
 Organic Seasonal Fresh Fruit
 V: Yellow Rice w/ Veggie "Chicken"

19

20

Bow Tie Pasta in a Lemon Butter Sauce w/ Grilled Chicken & Broccoli Bits
 Organic Crinkle Cut Carrots
 Dinner Roll
 Organic Seasonal Fresh Fruit
 V: Bow Tie Pasta w/ Veggie Chicken

23

Chicken Fajita Soft Tacos w/ Monterey Jack Cheese
 Spanish Rice w/ Organic Mixed Veggies
 Refried Beans
 Organic Seasonal Fresh Fruit
 V: Bean & Cheese Roll Up

24

Beef Burger w/ Cheddar Cheese
 Organic Sweet Peas
 Oven Baked Tater Tots
 Organic Seasonal Fresh Fruit

V: Veggie Burger

25

Oven Baked Chicken Tenders
 Organic Green Beans
 Scalloped Potatoes
 Organic Seasonal Fresh Fruit

26

27

Penne Pasta w/ Beef Meat Sauce
 Organic Buttered Corn
 Dinner Roll
 Organic Seasonal Fresh Fruit
 V: Penne Pasta w/ Veggie "Meat" Sauce

30

Breakfast For Lunch!
 Mini Buttermilk Pancakes w/ Syrup
 Potatoes O'Brien w/ Organic Tri-Colored Bell Peppers
 Turkey Sausage Patty
 Organic Seasonal Fresh Fruit
 V: Veggie "Sausage" Patty

31

Crispy Chicken Sandwich
 Organic Sweet Peas
 Mashed Potatoes
 Organic Seasonal Fresh Fruit

V: Veggie "Chicken" Sandwich

Chicken Teriyaki Fried Rice w/ Mixed Veggies
 Organic Oven Roasted Baby Carrots
 Hawaiian Roll
 Organic Seasonal Fresh Fruit
 V: Teriyaki Fried Rice w/ Mixed Veggies

SIGN UP NOW TO ORDER SCHOOL LUNCHES!

WWW.LUNCHDIRECT.COM

SCHOOL CODE: 140700

Each day your child will get a choice between our Main Entree, **Cold Turkey Hoagie Box Lunch**, and three alternative hot entrees.

Either **A. Grilled Cheese Sandwich** **B: Cheesy Chicken Broccoli & Rice Casserole** **C: Oven Baked Chicken Tenders**.

These hot alternative entrees will replace the main entree of the day; all sides will remain the same.

All menu items are subject to change without notice due to availability, freshness, and quality of ingredients