**September 2016**

**North Florida Christian School**

**Lunch Fact**

The 2010 Dietary Guidelines for Americans recommend that at least half of your grains are whole. For most people, that translates into at least 48 grams daily.

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| **Elementary Lunch: $5.25****MS/HS Lunch: $6.25****MOD/Salad Bar/Boar’s Head always includes Dessert & Fountain Drink****Monday**Description: asterisk-day.png |  |  | Spaghetti and MeatballsGreen BeansGarlic StickDessertFountain Drink | Beef Nachos with ToppingYellow RiceRefried BeansDessertFountain Drink |
| No School**Labor Day** | Chicken Pot PieMashed PotatoesDessertFountain Drink |  **Chick-Fil-A Day!****Meal of the Day**Tyson Chicken NuggetsFrench Fries/Tater TotsDessertFountain Drink | Chicken ParmesanBroccoliGarlic Bread StickDessertFountain Drink | Beef Fajita with ToppingsYellow RiceRefried BeansDessertFountain Drink |
|  Asian- Sweet/SourChicken Bowl(Veggies, Rice)Egg RollDessertFountain Drink | Macaroni & BeefGreen BeansDinner RollDessertFountain Drinks  |  **Chick-Fil-A Day!****Meal of the Day**Tyson Chicken NuggetsFrench Fries/Tater TotsDessertFountain Drink | Chicken AlfredoBroccoliDessertFountain Drink | Tacos with ToppingsYellow RiceRefried BeansDessertFountain Drink |
| Chicken StripsGreen BeansMashed PotatoesDessertFountain Drinks | BBQ Pulled PorkMashed PotatoesBaked BeansDessertFountain Drink |  **Chick-Fil-A Day!****Meal of the Day**Tyson Chicken NuggetsFrench Fries/Tater TotsDessertFountain Drink | LasagnaGreen BeansGarlic StickDessertFountain Drink | Frito Pie with ToppingsYellow RiceRefried BeansDessertFountain Drink |
| Chicken WingsCelery And Carrot SticksCornDessertFountain Drink | Country Fried SteakMashed PotatoesGreen BeansDessertFountain Drink |  **Chick-Fil-A Day!****Meal of the Day**Tyson Chicken NuggetsFrench Fries/Tater TotsDessertFountain Drink | Spaghetti and MeatballsGreen BeansGarlic StickDessertFountain Drink  | Beef Nachos with ToppingYellow RiceRefried BeansDessertFountain Drink  |

**Friday**



**Thursday**



**Wednesday**



**Tuesday**

