**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 Meatballs  Green Beans  Garlic Stick  Dessert  Fountain Drink | Beef Nachos with Topping  Yellow Rice  Refried Beans  Dessert  Fountain Drink |
| No School  **Labor Day** | Chicken Pot Pie  Mashed Potatoes  Dessert  Fountain Drink | **Chick-Fil-A Day!**  **Meal of the Day** Tyson Chicken Nuggets  French Fries/Tater Tots  Dessert  Fountain Drink | Chicken Parmesan  Broccoli  Garlic Bread Stick  Dessert  Fountain Drink | Beef Fajita with Toppings  Yellow Rice  Refried Beans  Dessert  Fountain Drink |
| Asian- Sweet/Sour  Chicken Bowl  (Veggies, Rice)  Egg Roll  Dessert  Fountain Drink | Macaroni & Beef  Green Beans  Dinner Roll  Dessert  Fountain Drinks | **Chick-Fil-A Day!**  **Meal of the Day** Tyson Chicken Nuggets  French Fries/Tater Tots  Dessert  Fountain Drink | Chicken Alfredo  Broccoli  Dessert  Fountain Drink | Tacos with Toppings  Yellow Rice  Refried Beans  Dessert  Fountain Drink |
| Chicken Strips  Green Beans  Mashed Potatoes  Dessert  Fountain Drinks | BBQ Pulled Pork  Mashed Potatoes  Baked Beans  Dessert  Fountain Drink | **Chick-Fil-A Day!**  **Meal of the Day** Tyson Chicken Nuggets  French Fries/Tater Tots  Dessert  Fountain Drink | Lasagna  Green Beans  Garlic Stick  Dessert  Fountain Drink | Frito Pie with Toppings  Yellow Rice  Refried Beans  Dessert  Fountain Drink |
| Chicken Wings  Celery And Carrot Sticks  Corn  Dessert  Fountain Drink | Country Fried Steak  Mashed Potatoes  Green Beans  Dessert  Fountain Drink | **Chick-Fil-A Day!**  **Meal of the Day** Tyson Chicken Nuggets  French Fries/Tater Tots  Dessert  Fountain Drink | Spaghetti and Meatballs  Green Beans  Garlic Stick  Dessert  Fountain Drink | Beef Nachos with Topping  Yellow Rice  Refried Beans  Dessert  Fountain Drink |

**Friday**

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**Thursday**

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**Wednesday**

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**Tuesday**

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