



IMMANUEL
CRYSTAL LAKE

Therefore, if anyone is in Christ, he is a new creation.
The old has passed away; behold, the new has come.
2 Corinthians 5:17

January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
PLEASE SEE BELOW FOR MILK & SALAD BAR INFORMATION	1 NO SCHOOL CHRISTMAS BREAK	2 NO SCHOOL CHRISTMAS BREAK	3 NO SCHOOL CHRISTMAS BREAK	4 Cheese Quesadillas Spanish Rice Salsa & Sour Cream Black Beans & Corn Apricots NO BUSES	5 Deli Sandwich Hummus Pretzels Carrots & Cucumber Pears NO BUSES	6
7	8 Ham & Cheese Sliders Celery Sticks & Ranch Baked Beans Pineapple	9 Breakfast Skillet Sausage & Egg Toast Banana	10 Beefy Mac & Cheese Butternut Green Beans Apple	11 Chicken Strips Rice Pilaf Cucumber & Broccoli Ranch Grapes	12 Loaded Baked Potato Chili Cornbread Broccoli Pears	13
14	15 NO SCHOOL MLK Jr Day	16 Baked Chicken & Rice Carrots Broccoli & Ranch Pineapple	17 Pork Tacos Spanish Rice Street Corn Apples	18 Chicken Alfredo w/ Pasta Side Salad Roasted Zucchini Peaches	19 Breakfast Burrito Bacon Salsa Butternut Banana	20
21	22 Buttered Noodles Roasted Tomatoes Roasted Chickpeas Carrots Pears	23 Blueberry Muffins Yogurt & Granola Hash Browns Peaches	24 Chicken Fried Rice Broccoli & Bok Choy Mandarins	25 Beef Nachos Black Bean Salsa Guacamole Sour Cream Grapes	26 Sausage Pizza Green Beans Apricot Brownie Cookie	27
28	29 Hot Dogs Tater Tots Celery & Ranch Applesauce	30 Chicken Parmesan w/ Pasta Green Beans Peaches	31 Beef Tacos w/ Fixings Refried Beans Chips & Salsa Mandarins			

Fruits & Vegetables are subject to change due to quality and availability.

Milk (1% plain or skim chocolate) is offered daily as a component of the meal. Students who do not drink/want milk may decline it if other required meal components are met.

Salad Bar is offered and made to order daily as a main entrée alternative and consists of the following ingredient options on a bed of lettuce: ham, chicken, green pepper, tomato, cucumber, carrots, cheddar cheese, and black olives. Choice of Ranch or Italian Dressing and a cracker/roll side is included with the Salad Bar.