

# Berean Christian Upper School Lunch Menu August 2008

**Pick one main entrée daily from the choices offered...**

## Welcome to the new Berean meal program:

Look for tips on Green Initiatives, Fun Food Facts, and Nutritional Information.

**We hope you find this information interesting and helpful.**

**Suggestions and ideas are welcome.**

### What is Fiber?

Fiber comes from plant parts that our bodies can't digest. The *only* place you will find fiber is in food from plants, whole grains, fruits and vegetables.

### What does fiber do for us?

- Fiber aids in digestion.
- Fiber is helpful in lowering blood cholesterol levels.
- Fiber controls blood sugar levels by slowing the absorption of sugar.
- Fiber aids in weight loss by making a meal feel larger and linger longer.

**All daily selections include side item and choice of beverage**

### Monday, August 11

Chicken Tender Basket with Dipping Sauce

Fresh Harvest Cobb Salad

Turkey Bacon Bravo Basket

### Tuesday, August 12

Double Dog Day Basket w/ Chili & Cheese

Build Your Own Garden Salad

Personal Pan Pizza

### Wednesday, August 13

Three Cheesy Baked Ziti

Baked Potato w/ Garden Salad &

Topping Bar

Oriental Wrap

### Thursday, August 14

Beef & Cheese Monster Nachos

Loaded Chef Salad

Italian Club Sub Basket

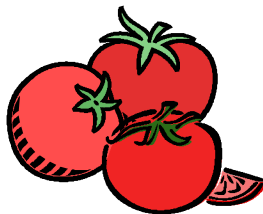
### Friday, August 15

Pizza Day / Chef's Surprise

## Fun Food Fact

Tomatoes may provide an excellent source of Vitamins A and C, but in 17th and 18th century England tomatoes were believed to be poisonous.

Botanically, the tomato is a fruit. However, in 1893, the U.S. Supreme Court declared tomatoes a vegetable due to tariff laws which imposed a duty on vegetables but not fruits.



Thomas Jefferson was one of the first Americans to grow tomatoes.

## Going Green

**Reuse** is a great way to **recycle** many of the things that we no longer need. Take unwanted items and pass them on! One person's trash is another person's treasure. Buying or trading vintage or refurbished items can be a fun way to get cool stuff, prevent pollution, and save some of earth's resources. A garage sale is a great way to make some money and have your old items **reused**.

### Monday, August 18

Teriyaki Glazed Chicken

Fried Rice, Vegetable & Egg Roll

Chicken Caesar Salad

Double Dog Day Basket w/ Chili & Cheese

### Tuesday, August 19

Hardy Sloppy Joe Basket

Thai Salad W/ Asian

Sesame Dressing

Chicken Caesar Wrap

### Wednesday, August 20

Krisp-E Chicken Sandwich Basket

Southwestern Chicken Salad

Tomato Basil Mozzarella Flat Bread

### Thursday, August 21

Loaded Deli Sub

Build Your Own Garden Salad W/ Topping Bar

Personal Pizza

### Friday, August 22

PIZZA DAY

Chef's Surprise

### Monday, August 25

Barbeque Chicken Sandwich Basket

Fuji Apple Salad

Turkey Bacon Cheddar Wrap

### Tuesday, August 26

Jumbo Corn Dog Basket

With Monster Mac & Cheese

Greek Salad

KRIS P Chicken Sandwich

### Wednesday, August 27

Taste of Italy

Monster Spaghetti Plate

Build Your Own Salad

Chicken Club Flatbread

### Thursday, August 28

Whole Wheat Grilled Cheese Basket

Buffalo Chicken Salad

Italian Panini

### Friday, August 29

PIZZA DAY

Chef's Surprise

Questions and Comments:

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