

Redeemer Lutheran School

Lunch Menu April 2018



What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price:

Choice of Meat or Meat Alternate

Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

*Students must choose at least one fruit or vegetable

Fresh Fruits and Vegetables

*Vegetables may include:

- Broccoli Florets
- Baby Carrots
- Dark Leafy Greens
- Cucumber
- *May choose two 1/2 cup servings

*Fruits may include:

- Crisp Apple
- Sliced Peaches
- Mixed Fruit
- Fresh Orange
- Banana
- Pineapple Tribits
- Diced Pears
- Applesauce
- *May choose one 1/2 cup serving

MENUS SUBJECT TO CHANGE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Daily Choices
April 2	No School	April 3 Wrap Attack Seasoned Potato Wedges Mixed Fruit Low Fat/Fat Free Milk	April 4 Popcorn Chicken with Roll Mashed Potatoes Diced Pears Low Fat/Fat Free Milk	April 5 Beef & Cheese Nachos Steamed Corn Pineapple Tribits Low Fat/Fat Free Milk	April 6 Western Burger Baked Beans Mandarin Oranges Low Fat/Fat Free Milk	Cheese Sandwich PB&J Sandwich Chicken Nuggets Breaded Chicken Salad
April 9	Meatball Hoagie Steamed Corn Applesauce Cup Low Fat/Fat Free Milk	April 10 French Toast Sticks with Sausage & Syrup Tater Tots Sliced Peaches Low Fat/Fat Free Milk	April 11 Chicken Alfredo Steamed Broccoli Pineapple Tribits Low Fat/Fat Free Milk	April 12 Breaded Chicken Party on a Bun Steamed Green Beans Mixed Fruit Low Fat/Fat Free Milk	April 13 Corn Dog on a Stick Steamed Carrots Diced Pears Low Fat/Fat Free Milk	Cheese Sandwich PB&J Sandwich Cheese/Pepparoni Pizza Breaded Chicken Salad
April 16	Chicken Ships with Roll Oven Fries Mandarin Oranges Low Fat/Fat Free Milk	April 17 BBQ Grilled Chicken Sandwich Steamed Broccoli Pineapple Tribits Low Fat/Fat Free Milk	April 18 Swedish Meatballs over Noodles Steamed Carrots Applesauce Cup Low Fat/Fat Free Milk	April 19 Soft Tacos Steamed Corn Sliced Peaches Low Fat/Fat Free Milk	April 20 Macaroni & Cheese with Roll Steamed Green Beans Applesauce Cup Low Fat/Fat Free Milk	Cheese Sandwich PB&J Sandwich Cheeseburger on a Bun Breaded Chicken Salad
April 23	Italian Dunkers w/ Marinara Sauce Steamed Carrots Mandarin Orange Low Fat/Fat Free Milk	April 24 Buffalo Chicken Dip with Tortilla Chips Steamed Green Beans Sliced Peaches Low Fat/Fat Free Milk	April 25 Waffles with Sausage & Syrup Tater Tots Pineapple Tribits Low Fat/Fat Free Milk	April 26 Orange Kissed Chicken Bowl With Rice Steamed Broccoli Applesauce Cup Low Fat/Fat Free Milk	April 27 Turkey & Cheese Hoagie Oven Fries Mandarin Orange Low Fat/Fat Free Milk	Cheese Sandwich PB&J Sandwich Chicken Nuggets Breaded Chicken Salad
April 30	Chicken Party on a Bun Steamed Corn Mixed Fruit Low Fat/Fat Free Milk					Cheese Sandwich PB&J Sandwich Cheese/Pepparoni Pizza Breaded Chicken Salad

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

