

Redeemer Lutheran School Lunch Menu October 2018-2019



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
- Sliced Peaches
- Dark Leafy Greens
- Mixed Fruit
- Fresh Orange
- Legume Salads
- Celery & Cucumber
- Banana

*May choose two 1/2 cup servings

*Fruits may include:

- Crisp Apple
- Sliced Peaches
- Mixed Fruit
- Fresh Orange
- Banana
- Pineapple Tidbits
- Diced Pears
- Applesauce

*May choose one 1/2 cup serving

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

1% Chocolate, 1% White and Fat Free White

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Daily Choices
October 1 Corn Dog Nuggets Green Beans Mixed Fruit Low Fat/Fat Free Milk	October 2 Beef Nachos w/ Cheese Buttered Corn Mandarin Oranges Low Fat/Fat Free Milk	October 3 BBQ Grilled Chicken on a Bun Scalloped Potatoes Sliced Peaches Low Fat/Fat Free Milk	October 4 Creamy Macaroni and Cheese with Roll Green Beans Pineapple Tidbits Low Fat/Fat Free Milk	October 5 Grilled Chicken Wrap Steamed Carrots Tropical Fruit Salad Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheese/ Pepperoni Pizza
October 8 Italian Dunkers Steamed Corn Diced Peas Low Fat/Fat Free Milk	October 9 Wrap Attack Potato Wedges Applesauce Low Fat/Fat Free Milk	October 10 French Toast Sticks with Sausage Patty & Syrup Baked Tater Tots Mandarin Oranges Low Fat/Fat Free Milk	October 11 Pasta with Meatballs and Roll Steamed Broccoli Applesauce Low Fat/Fat Free Milk	October 12 Buffalo Chicken Dip with Tortilla Chips Steamed Green Beans Sliced Peaches Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Breaded Chicken Patty on a Bun
October 15 Swedish Meatballs Over Noodles Steamed Broccoli Pineapple Tidbits Low Fat/Fat Free Milk	October 16 Beef Nachos w/ Cheese Buttered Corn Mandarin Oranges Low Fat/Fat Free Milk	October 17 Chicken 'n' Waffle w/ Syrup Tater Tots Diced Peas Low Fat/Fat Free Milk	October 18 No School	October 19 No School	Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun
October 22 Loaded Fries with Beef and Cheese Steamed Carrots Applesauce Low Fat/Fat Free Milk	October 23 Creamy Macaroni and Cheese with Roll Green Beans Sliced Peaches Low Fat/Fat Free Milk	October 24 French Toast Sticks with Sausage Patty & Syrup Baked Tater Tots Pineapple Tidbits Low Fat/Fat Free Milk	October 25 Sweet & Sour Popcorn Chicken with Rice Steamed Broccoli Applesauce Low Fat/Fat Free Milk	October 26 BBQ Rib on a Bun Oven Fries Diced Peas Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheese/ Pepperoni Pizza
October 29 Meatball Hoagie Green Beans Applesauce Low Fat/Fat Free Milk	October 30 Beef Nachos w/ Cheese Buttered Corn Mandarin Oranges Low Fat/Fat Free Milk	October 31 Italian Dunkers with Marinara Green Beans Pineapple Tidbits Low Fat/Fat Free Milk			Cheese Sandwich PB& J Sandwich Breaded Chicken Patty on a Bun