

# Redeemer Lutheran School Lunch Menu January 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\* and 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, Legume Salads, Celery & Cucumber
- \*Fruits may include: Crisp Apple, Sliced Peaches, Mixed Fruit, Fresh Orange, Banana
- \*May choose two 1/2 cup servings
- \*Fruits may include: 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
<b>January 7</b> Meatball Hoagie Crinkle Cut French Fries Diced Pears Low Fat/Fat Free Milk	<b>January 8</b> New Years Day Beef Nachos w/ Cheese Black Bean and Corn Salad Applesauce Low Fat/Fat Free Milk	<b>January 9</b> Winter Recess General Tso Popcorn Chicken with Rice Mandarin Oranges Low Fat/Fat Free Milk	<b>January 10</b> BBQ Rib on a Bun Mixed Vegetables Mixed Fruit Low Fat/Fat Free Milk	<b>January 11</b> Soft Beef & Cheese Tacos Buttered Corn Mixed Fruit Salad Low Fat/Fat Free Milk	Cheese Sandwich PB&J Sandwich Cheeseburger on a Bun
<b>January 14</b> Grilled Cheese Steamed Carrots Pineapple Tidbits Low Fat/Fat Free Milk	<b>January 15</b> Buffalo Chicken Dippers Green Beans Mixed Fruit Salad Low Fat/Fat Free Milk	<b>January 16</b> French Toast Sticks with Sausage Patty & Syrup Baked Tater Tots Diced Pears Low Fat/Fat Free Milk	<b>January 17</b> Early Dismissal	<b>January 18</b> Loaded Fries w/ Beef and Cheese and Bread Mandarin Oranges Low Fat/Fat Free Milk	Cheese Sandwich PB&J Sandwich Breaded Chicken Patty on a Bun
<b>January 21</b> No School MLK Day	<b>January 22</b> Beef Nachos w/ Cheese Seasoned Green Beans Applesauce Low Fat/Fat Free Milk	<b>January 23</b> Italian Dunkers with Marinara Green Beans Diced Pears Low Fat/Fat Free Milk	<b>January 24</b> Pizza Pasta Bake With Bread Slice Steamed Broccoli Diced Pears Low Fat/Fat Free Milk	<b>January 25</b> Chicken Sticks Baked Beans Mixed Fruit Salad Low Fat/Fat Free Milk	Cheese Sandwich PB&J Sandwich Cheeseburger on a Bun
<b>January 28</b> Teriyaki Chicken & Vegetables over Fluffy Rice Applesauce Low Fat/Fat Free Milk	<b>January 29</b> Chicken 'n' Waffle w/ Syrup Tater Tots Sliced Peaches Low Fat/Fat Free Milk	<b>January 30</b> Popcorn Chicken Bowl Mashed Potatoes Pineapple Tidbits Low Fat/Fat Free Milk	<b>January 31</b> Ham & Cheese on a Pretzel Bun Mixed Fruit Salad Low Fat/Fat Free Milk	Cheese Sandwich PB&J Sandwich Cheese/Pepperoni Pizza	