

Redeemer Lutheran School Lunch Menu December 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
Legume Salads
Celery & Cucumber
*May choose two 1/2 cup servings

*Fruits may include:
Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Peaches
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
December 3 Deluxe Steak & Cheese Sub Green Beans Mixed Fruit Low Fat/Fat Free Milk	December 4 Sweet & Spicy BBQ Chicken Bowl Steamed Corn Mandarin Oranges Low Fat/Fat Free Milk	December 5 Swedish Meatballs Over Noodles Steamed Broccoli Sliced Peaches Low Fat/Fat Free Milk	December 6 French Toast Sticks with Sausage Patty & Syrup Baked Tater Tots Pineapple Tidbits Low Fat/Fat Free Milk	December 7 Creamy Macaroni and Cheese with Roll Steamed Carrots Tropical Fruit Salad Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheese/ Pepperoni Pizza
December 10 Corn Dog Nuggets Steamed Carrots Diced Pears Low Fat/Fat Free Milk	December 11 Beef Nachos w/ Cheese Corn & Black Bean Salad Applesauce Low Fat/Fat Free Milk	December 12 Sliced Ham Au gratin Potatoes Steamed Broccoli Mandarin Oranges Low Fat/Fat Free Milk Holiday Cookie	December 13 General Tso Chicken Broccoli Applesauce Low Fat/Fat Free Milk	December 14 Grilled Cheese Sandwich Tomato Soup (2 oz) Steamed Green Beans Sliced Peaches Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Breaded Chicken Patty on a Bun
December 17 Loaded Fries with Beef and Cheese Steamed Carrots Applesauce Low Fat/Fat Free Milk	December 18 Chicken 'n' Waffle w/ Syrup Tater Tots Mandarin Oranges Low Fat/Fat Free Milk	December 19 Pasta with Meat Sauce Blended Mixed Vegetables Diced Pears Low Fat/Fat Free Milk	December 20 Winter Break	December 21 Winter Break	Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun
December 24 / 31 Winter Break	December 25 Winter Break	December 26 Winter Break	December 27 Winter Break	December 28 Winter Break	