

Redeemer Lutheran School Lunch Menu November 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
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 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
			November 1 Early Dismissal	November 2 Cheeseburger Macaroni With Roll Steamed Broccoli Diced Pears Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Breaded Chicken Patty on a Bun
November 5 Grilled Cheese with Tomato Soup Steamed Green Beans Mandarin Oranges Low Fat/Fat Free Milk	November 6 French Toast Sticks & Sausage Tater Tots Sliced Peaches Low Fat/Fat Free Milk	November 7 Chicken Alfredo Steamed Peas Diced Pears Low Fat/Fat Free Milk	November 8 Corn Dog Nuggets Vegetarian Baked Beans Mixed Fruit Low Fat/Fat Free Milk	November 9 General Tso Popcorn Chicken with Rice Steamed Broccoli Tropical Pineapple Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun
November 12 Beef Nachos with Cheese Steamed Corn Mixed Fruit Salad Low Fat/Fat Free Milk	November 13 Meatball Hoagie Mozzarella Cheese Oven Fries Mandarin Oranges Low Fat/Fat Free Milk	November 14 Italian Dunkers with Marinara Steamed Broccoli Diced Pears Low Fat/Fat Free Milk	November 15 Roast Turkey with Stuffing and Gravy Green Beans Applesauce Peach Crisp Low Fat/Fat Free Milk	November 16 Corn Dog Nuggets Steamed Carrots Pineapple Tidbits Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheese/ Pepperoni Pizza
November 19 Fish Taco Oven Fries Applesauce Low Fat/Fat Free Milk	November 20 Walking Taco Steamed Corn Mixed Fruit Salad Low Fat/Fat Free Milk	November 21 Early Dismissal	November 22 Thanksgiving Recess No School	November 23 Thanksgiving Recess No School	Cheese Sandwich PB& J Sandwich Breaded Chicken Patty on a Bun
November 26 Thanksgiving Recess No School	November 27 French Toast Sticks & Sausage Tater Tots Sliced Peaches Low Fat/Fat Free Milk	November 28 Chicken Tenders Steamed Carrots Mixed Fruit Low Fat/Fat Free Milk	November 29 General Tso Popcorn Chicken with Rice Steamed Broccoli Mixed Fruit Low Fat/Fat Free Milk	November 30 Sloppy Joe on a Bun Oven Fries Mandarin Oranges Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun