

Redeemer Lutheran School Lunch Menu February 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
				February 1 Turkey & Cheese Hoagie Steamed Carrots Tropical Fruit Salad Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheese/ Pepperoni Pizza
February 4 Meatball Hoagie Crispy Tater Tots Diced Pears Low Fat/Fat Free Milk	February 5 Buffalo Chicken Dip Steamed Mixed Vegetables Applesauce Low Fat/Fat Free Milk	February 6 Con Dog on a Stick Steamed Green Beans Mandarin Oranges Low Fat/Fat Free Milk	February 7 General Tso Chicken With Rice Broccoli Applesauce Low Fat/Fat Free Milk	February 8 Freshly Baked Italian Dunkers Steamed Corn Sliced Peaches Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Breaded Chicken Patty on a Bun
February 11 Deluxe Steak & Cheese Sub Green Beans Mixed Fruit Low Fat/Fat Free Milk	February 12 French Toast Sticks with Sausage Links Tater Tots Mandarin Oranges Low Fat/Fat Free Milk	February 13 Popcorn Chicken with Roll Mashed Potatoes Diced Pears Low Fat/Fat Free Milk	February 14 Chicken Strips with Roll Steamed Corn Mandarin Oranges Low Fat/Fat Free Milk	February 15 Creamy Macaroni and Cheese with Roll Steamed Mixed Vegetables Mixed Fruit Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun
February 18 <p style="text-align: center;">No School Presidents Day</p>	February 19 Beef Nachos w/ Cheese Corn & Black Bean Salad Applesauce Low Fat/Fat Free Milk	February 20 Italian Hoagie Tatar Tots Diced Pears Low Fat/Fat Free Milk	February 21 Swedish Meatballs Over Noodles Steamed Broccoli Sliced Peaches Low Fat/Fat Free Milk	February 22 Corn Dog Nuggets Vegetarian Baked Beans Diced Pears Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheese/ Pepperoni Pizza
February 25 Freshly Baked Italian Dunkers Blended Mixed Vegetables Diced Pears Low Fat/Fat Free Milk	February 26 Grilled Cheese Sandwich Tomato Soup (2 oz) Steamed Green Beans Sliced Peaches Low Fat/Fat Free Milk	February 27 Pasta with Meat Sauce Blended Mixed Vegetables Diced Pears Low Fat/Fat Free Milk	February 28 Chicken 'n' Waffle w/ Syrup Tater Tots Mandarin Oranges Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Breaded Chicken Patty on a Bun	