

# Redeemer Lutheran School Lunch Menu March 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
				<b>March 1</b> Breaded Fish Sticks Shoestring Fries Tropical Fruit Salad Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Breaded Chicken Patty on a Bun
<b>March 4</b>  <b>Spring Break No School</b>	<b>March 5</b>  <b>Spring Break No School</b>	<b>March 6</b>  <b>Spring Break No School</b>	<b>March 7</b>  <b>Spring Break No School</b>	<b>March 8</b>  <b>Spring Break No School</b>	Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun
<b>March 11</b> Loaded Fries with Beef & Cheese Sauce Steamed Carrots Mixed Fruit Low Fat/Fat Free Milk	<b>March 12</b> Chicken Strips with Roll Steamed Corn Mandarin Oranges Low Fat/Fat Free Milk	<b>March 13</b> French Toast Sticks with Sausage Links Tater Tots Mandarin Oranges Low Fat/Fat Free Milk	<b>March 14</b> General Tso Chicken With Rice Broccoli Applesauce Low Fat/Fat Free Milk	<b>March 15</b> Pierogis Steamed Green Beans Sliced Peaches Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheese/ Pepperoni Pizza
<b>March 18</b> Meatball Hoagie Crispy Tater Tots Diced Pears Low Fat/Fat Free Milk	<b>March 19</b> Italian Hoagie Steamed Carrots Diced Pears Low Fat/Fat Free Milk	<b>March 20</b> Soft Beef Tacos Steamed Green Beans Applesauce Low Fat/Fat Free Milk	<b>March 21</b> Turkey Bacon Cheeseburger on a Bun Vegetarian Baked Beans Sliced Peaches Low Fat/Fat Free Milk	<b>March 22</b> Fish Sandwich with Cheese Macaroni and Cheese Side Blended Mixed Vegetables Diced Pears Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Breaded Chicken Patty on a Bun
<b>March 25</b> Popcorn Chicken Po 'Boy Sandwich Steamed Corn Diced Pears Low Fat/Fat Free Milk	<b>March 26</b> Spaghetti & Meatballs Steamed Green Beans Sliced Peaches Low Fat/Fat Free Milk	<b>March 27</b> Pancakes with Sausage Links Crisp Tater Tots Low Fat/Fat Free Milk	<b>March 28</b> General Tso Chicken With Rice Broccoli Applesauce Low Fat/Fat Free Milk	<b>March 29</b> Grilled Cheese Sandwich Tomato Soup (2 oz.) Steamed Carrots Diced Pears Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun