

# Redeemer Lutheran School Lunch Menu December 2017



## 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  
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

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | Daily Choices  |
|---|---|--|--|--|--|
|   |   |  |  | <b>December 1</b><br>Grilled Cheese Sandwich<br>Steamed Green Beans<br>Mandarin Oranges<br>Low Fat/Fat Free Milk       | Cheese Sandwich<br>PB& J Sandwich<br>Cheese/ Pepperoni Pizza |
| <b>December 4</b><br>Corn Dog on a Stick<br>Mixed Vegetables<br>Applesauce Cup<br>Low Fat/Fat Free Milk | <b>December 5</b><br>Orange Kissed Chicken Bowl<br>With Rice<br>Steamed Broccoli<br>Sliced Peaches<br>Low Fat/Fat Free Milk | <b>December 6</b><br>Breaded Chicken Patty on a Bun<br>Baked Beans<br>Pineapple Tidbits<br>Low Fat/Fat Free Milk         | <b>December 7</b><br>Grilled Chicken Wrap<br>Baked Tater Tots<br>Mixed Fruit<br>Low Fat/Fat Free Milk                            | <b>December 8</b><br>Italian Dunkers w/<br>Marinara Sauce<br>Steamed Carrots<br>Topical Fruit<br>Low Fat/Fat Free Milk | Cheese Sandwich<br>PB& J Sandwich<br>Cheeseburger on a Bun   |
| <b>December 11</b><br>Chicken Nachos w/ Cheese<br>Steamed Corn<br>Diced Pears<br>Low Fat/Fat Free Milk  | <b>December 12</b><br>Mrs. T's Pierogis<br>Steamed Peas<br>Mandarin Oranges<br>Low Fat/Fat Free Milk                        | <b>December 13</b><br>Pancakes with Sausage Links<br>& Syrup<br>Tatar Tots<br>Pineapple Tidbits<br>Low Fat/Fat Free Milk | <b>December 14</b><br>Baked Ham with Roll<br>Au gratin Potatoes<br>Steamed Green Beans<br>Diced Peaches<br>Low Fat/Fat Free Milk | <b>December 15</b><br>Cheesesteak Hoagie<br>Steamed Mixed Vegetables<br>Applesauce Cup<br>Low Fat/Fat Free Milk        | Cheese Sandwich<br>PB& J Sandwich<br>Chicken Nuggets         |
| <b>December 18</b><br>Taco Salad<br>Black Bean & Corn Salad<br>Mixed Fruit<br>Low Fat/Fat Free Milk     | <b>December 19</b><br>Popcorn Chicken with Roll<br>Potato Wedges<br>Diced Pears<br>Low Fat/Fat Free Milk                    | <b>December 20</b><br>Corn Dog Nuggets<br>Steamed Carrots<br>Applesauce Cup<br>Low Fat/Fat Free Milk                     | <b>December 21</b><br><p style="text-align: center;"><b>Christmas Vacation<br/>No School</b></p>                                 | <b>December 22</b><br><p style="text-align: center;"><b>No School</b></p>  | Cheese Sandwich<br>PB& J Sandwich<br>Cheese/ Pepperoni Pizza |
| <b>December 25</b><br><p style="text-align: center;"><b>No School</b></p>                               | <b>December 26</b><br><p style="text-align: center;"><b>No School</b></p>   | <b>December 27</b><br><p style="text-align: center;"><b>No School</b></p>  | <b>December 28</b><br><p style="text-align: center;"><b>No School</b></p>  | <b>December 29</b><br><p style="text-align: center;"><b>No School</b></p>  |  |

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