

Redeemer Lutheran School Lunch Menu February 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
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
			February 1 Mrs. T's Pierogis Steamed Peas Mandarin Oranges Low Fat/Fat Free Milk	February 2 Grilled Cheese Sandwich Steamed Mixed Vegetable Mandarin Oranges Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Chicken Nuggets Breaded Chicken Salad
February 5 Corn Dog on a Stick Mixed Vegetables Applesauce Cup Low Fat/Fat Free Milk	February 6 Orange Kissed Chicken Bowl With Rice Steamed Broccoli Sliced Peaches Low Fat/Fat Free Milk	February 7 Breaded Chicken Patty on a Bun Baked Beans Pineapple Tidbits Low Fat/Fat Free Milk	February 8 Grilled Chicken Wrap Roasted Red Potatoes Mixed Fruit Low Fat/Fat Free Milk	February 9 Meatball Hoagie Steamed Carrots Topical Fruit Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheese/ Pepperoni Pizza Breaded Chicken Salad
February 12 Beef Nachos w/ Cheese Steamed Corn Diced Pears Low Fat/Fat Free Milk	February 13 Pancakes with Sausage Links & Syrup Tatar Tots Pineapple Tidbits Low Fat/Fat Free Milk	February 14 Mrs. T's Pierogis Steamed Peas Mandarin Oranges Low Fat/Fat Free Milk	February 15 Chicken Strips with Roll Oven Fries Diced Peaches Low Fat/Fat Free Milk	February 16 Italian Dunkers w/ Marinara Sauce Steamed Mixed Vegetables Applesauce Cup Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun Breaded Chicken Salad
February 19 Braded Fish Sticks Steamed Green Beans Mandarin Orange Low Fat/Fat Free Milk	February 20 Popcorn Chicken with Roll Potato Wedges Diced Pears Low Fat/Fat Free Milk	February 21 Western Burger Baked Beans Pineapple Tidbits Low Fat/Fat Free Milk	February 22 Corn Dog Nuggets Steamed Carrots Applesauce Cup Low Fat/Fat Free Milk	February 23 Macaroni & Cheese with Roll Steamed Green Beans Mandarin Orange Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Chicken Nuggets Breaded Chicken Salad
February 26 Taco Salad Black Bean & Corn Salad Mixed Fruit Low Fat/Fat Free Milk	February 27 Chicken Patty on a Bun Baked Tater Tots Diced Peaches Low Fat/Fat Free Milk	February 28 Italian Dunkers w/ Marinara Sauce Steamed Carrots Applesauce Cup Low Fat/Fat Free Milk			Cheese Sandwich PB& J Sandwich Cheese/ Pepperoni Pizza Breaded Chicken Salad

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.
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