

# Redeemer Lutheran School Lunch Menu May 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



**MENUS SUBJECT TO CHANGE**

## Fresh Fruits and Vegetables Offered Daily

\*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 Peaches  
Applesauce  
\*May choose one 1/2 cup serving



## 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>May 1</b> Waffles with Sausage Patty & Syrup Baked Tater Tots Pineapple Tidbits Low Fat/Fat Free Milk	<b>May 2</b> Turkey & Cheese on a Hoagie Roll Au gratin Potatoes Diced Peaches Low Fat/Fat Free Milk	<b>May 3</b> Beef Nachos w/ Cheese Steamed Corn Applesauce Low Fat/Fat Free Milk	<b>May 4</b> Popcorn Chicken Salad Fresh Baby Carrots Mixed Fruit Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheese/Pepperoni Pizza
	<b>May 7</b> Hard Shell Tacos w/ Cheese Steamed Corn Sliced Peaches Low Fat/Fat Free Milk	<b>May 8</b> General Tso Chicken with Rice Steamed Broccoli Applesauce Low Fat/Fat Free Milk	<b>May 9</b> Buffalo Chicken Dip with Fresh Baby Carrots Tortilla Chips Diced Peaches Low Fat/Fat Free Milk	<b>May 10</b> Chicken Strips with Roll Seasoned Potato Wedges Mandarin Oranges Low Fat/Fat Free Milk	<b>May 11</b> Italian Dunkers with Marinara Sauce Steamed Carrots Diced Peaches Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun
	<b>May 14</b> Pasta with Meat sauce & Dinner Roll Steamed Green Beans Pineapple Tidbits Low Fat/Fat Free Milk	<b>May 15</b> Italian Hoagie Baked Tater Tots Diced Peaches Low Fat/Fat Free Milk	<b>May 16</b> Corn dog Nuggets Steamed Broccoli Mixed Fruit Low Fat/Fat Free Milk	<b>May 17</b> Beef Nachos w/ Cheese Steamed Corn Chilled Applesauce Low Fat/Fat Free Milk	<b>May 18</b> Meatballs with Breadsticks Steamed Carrots Diced Peaches Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Chicken Nuggets
	<b>May 21</b> Soft Tacos w/ Cheese Steamed Corn Mandarin Oranges. Low Fat/Fat Free Milk	<b>May 22</b> Orange Mandarin Chicken with Rice Steamed Broccoli Applesauce Low Fat/Fat Free Milk	<b>May 23</b> Beaded Chicken Patty on a Bun Oven Fries Mixed Fruit Low Fat/Fat Free Milk	<b>May 24</b> Grilled Chicken Wrap Mixed Vegetables Sliced Peaches Low Fat/Fat Free Milk	<b>May 25</b> Chicken Strips with Roll Steamed Green Beans Pineapple Tidbits Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheese/ Pepperoni Pizza
	<b>May 28</b> <b>NO SCHOOL</b> <b>Memorial Day</b>	<b>May 29</b> French Toast Sticks with Sausage links & Syrup Baked Tater Tots Diced Peaches Low Fat/Fat Free Milk	<b>May 30</b> Italian Dunkers with Marinara sauce Steamed Carrots Mandarin Oranges Low Fat/Fat Free Milk	<b>May 31</b> Beef Nachos w/ Cheese Steamed Corn Applesauce Low Fat/Fat Free Milk		Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun