

Redeemer Lutheran School Lunch Menu March 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
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
			March 1 French Toast Sticks with Sausage Patty & Syrup Baked Tater Tots Pineapple Tidbits Low Fat/Fat Free Milk	March 2 Grilled Cheese Sandwich Steamed Green Beans Mixed Fruit Low Fat/Fat Free Milk Cheese Sandwich	Cheese Sandwich PB& J Sandwich Chicken Nuggets
March 5 NO SCHOOL	March 6 NO SCHOOL	March 7 NO SCHOOL	March 8 NO SCHOOL	March 9 NO SCHOOL	Cheese Sandwich PB& J Sandwich Cheese/ Pepperoni Pizza
March 12 Chicken Patty on a Bun Potato Wedges Mandarin Oranges Low Fat/Fat Free Milk	March 13 Waffles with Sausage links & Syrup Baked Tater Tots Diced Pears Low Fat/Fat Free Milk	March 14 Chicken Alfredo over Penne Steamed Broccoli Mixed Fruit Low Fat/Fat Free Milk	March 15 Meatballs with Bread Sticks Steamed Green Beans Diced Pears Low Fat/Fat Free Milk	March 16 Macaroni & Cheese with Roll Steamed Peas Pineapple Tidbits Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Cheeseburger on a Bun
March 19 Popcorn Chicken with Roll Steamed Broccoli Diced Peaches Low Fat/Fat Free Milk	March 20 Corn Dog Nuggets Steamed Corn Pineapple Tidbits Low Fat/Fat Free Milk	March 21 Oven Baked Ham Scalloped Potatoes Steamed Green Beans Mixed Fruit Ambrosia Salad Low Fat/Fat Free Milk	March 22 Beef Nachos w/ Cheese Steamed Corn Applesauce Low Fat/Fat Free Milk	March 23 Italian Dunkers w/ Marinara Sauce Steamed Carrots Diced Pears Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Chicken Nuggets
March 26 BBQ Rib Sandwich Crispy Tatar Tots Diced Pears Low Fat/Fat Free Milk	March 27 Grilled Buffalo Chicken Wrap Steamed Carrots Mixed Fruit Salad Low Fat/Fat Free Milk	March 28 French Toast Sticks with Sausage Patty & Syrup Baked Tater Tots Pineapple Tidbits Low Fat/Fat Free Milk	March 29 Early Dismissal	March 30 NO SCHOOL	Cheese Sandwich PB& J Sandwich Cheese/ Pepperoni Pizza