

Redeemer Lutheran School Lunch Menu November 2023



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
		Nov 1 Pancakes & sausage Tater Tots Diced Peaches Low Fat/Fat Free Milk	Nov 2 Baked penne w/ garlic toast Broccoli Diced pears Low Fat/Fat Free Milk	Nov 3 Fiestada pizza Carrots Mixed Fruit Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Chicken nuggets
Nov 6 Macaroni & cheese Green beans Applesauce Low Fat/Fat Free Milk	Nov 7 Chicken patty sandwich Mixed vegetables Diced pears, Low Fat/Fat Free Milk— NO SALADS	Nov 8 French Toast & Sausage Tater Tots Pineapple tidbits Low Fat/Fat Free Milk	Nov 9 Steak & Cheese hoagie Corn Mandarin oranges Low Fat/Fat Free Milk	Nov 10 Italian dunkers Peas Diced peaches Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Hamburger
Nov 13 BBQ Pork Sandwich Carrots Applesauce Low Fat/Fat Free Milk	Nov 14 Chicken nachos Corn Diced Peaches Low Fat/Fat Free Milk	Nov 15 Roasted Turkey w/stuffing Mashed potatoes w/gravy Green beans Apple sauce Low Fat/Fat Free Milk	Nov 16 Sloppy joes Broccoli Diced Pears Low Fat/Fat Free Milk	Nov 17 Spicy chicken sandwich Mixed vegetables Mixed Fruit Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Chicken tenders
Nov 20 BBQ rib sandwich Baked beans Applesauce Low Fat/Fat Free Milk	Nov 21 Beef nachos Corn Diced Peaches Low Fat/Fat Free Milk	Nov 22 Half Day	Nov 23 <i>Happy Thanksgiving</i>	Nov 24 NO SCHOOL	Cheese Sandwich PB& J Sandwich Fiestada pizza
Nov 27 NO SCHOOL	Nov 28 Buffalo chicken wrap Corn Applesauce Low Fat/Fat Free Milk	Nov 29 Swedish meatballs Carrots Mixed fruit Low Fat/Fat Free Milk	Nov 30 Teriyaki dumplings Broccoli Diced pears Low Fat/Fat Free Milk		Cheese Sandwich PB& J Sandwich Corn dog nuggets

