

Redeemer Lutheran School Lunch Menu December 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
- *Fruits may include:
 - Crisp Apple
 - Sliced Peaches
 - Mixed Fruit
 - Fresh Orange
 - Banana
 - Pineapple Tidbits
 - Diced Peas
 - 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
Dec 4 Chicken Alfredo Seasoned steamed broccoli Pineapple tidbits Low Fat/Fat Free Milk	Dec 5 Beef tacos Seasoned steamed corn Applesauce Low Fat/Fat Free Milk	Dec 6 Dutch waffle & chicken Crispy Tater Tots Mandarin oranges Low Fat/Fat Free Milk	Dec 7 General Tso's chicken bowl Season steamed Broccoli Diced peaches Low Fat/Fat Free Milk	Dec 8 Spicy chicken sandwich Season steamed carrots Mixed fruit Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich Corn dog nuggets
Dec 11 Chicken patty sandwich Mixed vegetables Pineapple Tidbits Low Fat/Fat Free Milk	Dec 12 Cheeseburger Seasoned steamed corn Applesauce Low Fat/Fat Free Milk	Dec 13 Roasted Ham Au gratin potatoes Green beans Mandarin oranges Low Fat/Fat Free Milk	Dec 14 Corn dog Seasoned steamed broccoli Diced pears Low Fat/Fat Free Milk	Dec 15 Fiesta pizza Seasoned steamed carrots Mixed fruit Low Fat/Fat Free Milk	Cheese Sandwich PB& J Sandwich BBQ Rib
Dec 18 Boneless wings Seasoned steamed peas Pineapple tidbits Low Fat/Fat Free Milk	Dec 19 Chicken nachos Seasoned steamed corn Applesauce Low Fat/Fat Free Milk	Dec 20 French toast bites w/sausage Tater tots Mandarin oranges Low Fat/Fat Free Milk	Dec 21 No School	Dec 22 No School	Cheese Sandwich PB& J Sandwich Cheeseburger
Dec 25 Have A	Dec 26 Wonderful	Dec 27 Winter Break	Dec 28 See You	Dec 29 Jan. 3rd!	

