

Redeemer Lutheran School Lunch Menu May 2024



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
		May 1 Waffles & Sausage Crispy tater tots Mandarin oranges Low Fat/Fat Free Milk	May 2 Grilled hot dog Steamed broccoli Diced peaches Low Fat/Fat Free Milk	May 3 BBQ rib sandwich Steamed green beans Mixed fruit Low Fat/Fat Free Milk	Cheese sandwich PB& J sandwich Chicken nuggets
May 6 Chicken patty sandwich Steamed carrots Pineapple tidbits Low Fat/Fat Free Milk	May 7 Beef soft tacos Steamed corn Applesauce Low Fat/Fat Free Milk	May 8 Cheeseburger Steamed broccoli Mandarin oranges Low Fat/Fat Free Milk	May 9 Cheese pizza Steamed broccoli Diced peaches Low Fat/Fat Free Milk	May 10 Turkey & cheese sandwich Steamed mixed vegetables Mixed fruit Low Fat/Fat Free Milk	Cheese sandwich PB& J sandwich Hot dog
May 13 Pork BBQ sandwich Vegetarian beans Pineapple tidbits Low Fat/Fat Free Milk	May 14 Buffalo chicken sandwich Steamed corn Applesauce Low Fat/Fat Free Milk	May 15 Pancakes & sausage Crispy tater tots Mandarin oranges Low Fat/Fat Free Milk	May 16 Macaroni & cheese Steamed green beans Diced peaches Low Fat/Fat Free Milk	May 17 Italian dunkers Steamed carrots Mixed fruit Low Fat/Fat Free Milk	Cheese sandwich PB& J sandwich Hamburger
May 20 Pizza burger Vegetarian beans Pineapple tidbits Low Fat/Fat Free Milk	May 21 Chicken nachos Steamed corn Applesauce Low Fat/Fat Free Milk	May 22 French toast bites w/ sausage Crispy tater tots Mandarin oranges	May 23 Popcorn chicken w/bread Steamed mixed vegetables Diced peaches Low Fat/Fat Free Milk	May 24 Corn dog nuggets Steamed peas Mixed fruit Low Fat/Fat Free Milk	Cheese sandwich PB& J sandwich Chicken patty sandwich
May 27	May 28	May 28	May 28	May 28	

