

Redeemer Lutheran School Lunch Menu September 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 Peaches
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
Sept 2 No School!	Sept 3 Corn dog Seasoned steamed corn Mixed Fruit Low Fat/Fat Free Milk	Sept 4 Cheeseburger Steamed green beans Pineapple tidbits Low Fat/Fat Free Milk	Sept 5 French toast sticks w/sausage Crispy tater tots Diced peaches Low Fat/Fat Free Milk	Sept 6 Grilled cheese Stewed tomatoes Cinnamon applesauce Low Fat/Fat Free Milk	Chicken nuggets PB& J sandwich
Sept 9 BBQ Rib Steamed broccoli Diced pears Low Fat/Fat Free Milk	Sept 10 Buffalo chicken dip Steamed corn Citrusy mandarin oranges Low Fat/Fat Free Milk	Sept 11 Macaroni & cheese Steamed green beans Diced peaches Low Fat/Fat Free Milk	Sept 12 Bosco cheese sticks Steamed mixed vegetables Mixed Fruit Low Fat/Fat Free Milk	Sept 13 Fish sticks Steamed carrots Pineapple tidbits Low Fat/Fat Free Milk	Corn dog PB& J sandwich
Sept 16 Pork BBQ sandwich Vegetarian beans Pineapple tidbits Low Fat/Fat Free Milk	Sept 17 Penne Rosa Steamed green beans Diced Peaches Low Fat/Fat Free Milk	Sept 18 Pancakes & sausage Crispy tater tots Mandarin oranges Low Fat/Fat Free Milk	Sept 19 General Tso's chicken bowl Steamed broccoli Mixed fruit Low Fat/Fat Free Milk	Sept 20 Fiestada pizza Steamed peas Pineapple tidbits Low Fat/Fat Free Milk	Hot dog PB& J sandwich
Sept 23 Corn dog nuggets Vegetarian beans Pineapple tidbits Low Fat/Fat Free Milk	Sept 24 Beef & cheese nachos Steamed corn Citrusy mandarin oranges Low Fat/Fat Free Milk	Sept 25 Chicken & broccoli alfredo Steamed broccoli Cinnamon applesauce Low Fat/Fat Free Milk	Sept 26 Popcorn chicken Crispy tater tots Mixed fruit Low Fat/Fat Free Milk	Sept 27 Teriyaki dumplings Steamed carrots Diced peaches Low Fat/Fat Free Milk	Burger PB& J sandwich
Sept 30 Chicken patty sandwich Steamed green beans Diced peaches Low Fat/Fat Free Milk					BBQ Rib PB&J sandwich

