

# Redeemer Lutheran School Lunch Menu January 2025



## 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   |
|---|---|---|--|--|---|
| <b>Jan 6</b><br><b>Bosco cheese sticks</b><br>Steamed green beans<br>Diced peaches<br>Assorted low-fat milk | <b>Jan 7</b><br><b>BBQ rib sandwich</b><br>Vegetarian beans<br>Diced pears<br>Assorted low-fat milk             | <b>Jan 8</b><br><b>Salisbury steak with buttered noodles</b><br>Steamed carrots<br>Cinnamon applesauce<br>Assorted low-fat milk | <b>Jan 9</b><br><b>Fish sandwich</b><br>Steamed mixed vegetables<br>Mixed fruit<br>Assorted low-fat milk       | <b>Jan 10</b><br><b>Italian dunkers</b><br>Steamed broccoli<br>Mandarin oranges<br>Assorted low-fat milk                 | Chicken nuggets<br>Cheese Sandwich<br>PB& J Sandwich  |
| <b>Jan 13</b><br><b>Chicken nuggets w/bread</b><br>Steamed peas<br>Diced peaches<br>Assorted low-fat milk   | <b>Jan 14</b><br><b>Beef tacos</b><br>Steamed corn<br>Pineapple tidbits<br>Assorted low-fat milk                | <b>Jan 15</b><br><b>French toast sticks w/sausage</b><br>Tater tots<br>Cinnamon applesauce<br>Assorted low-fat milk             | <b>Jan 16</b><br><b>Saucy meatballs &amp; rice</b><br>Steamed broccoli<br>Diced pears<br>Assorted low-fat milk | <b>Jan 17</b><br><b>Chicken patty sandwich</b><br>Vegetarian beans<br>Diced peaches<br>Assorted low-fat milk             | Corn dog nuggets<br>Cheese Sandwich<br>PB& J Sandwich |
| <b>Jan 20</b><br><b>Cheeseburger</b><br>Steamed carrots<br>Mandarin oranges<br>Assorted low-fat milk        | <b>Jan 21</b><br><b>Fiestada pizza</b><br>Steamed corn<br>Mixed fruit<br>Assorted low-fat milk                  | <b>Jan 22</b><br><b>Spicy chicken sandwich</b><br>Tater tots<br>Pineapple tidbits<br>Assorted low-fat milk                      | <b>Jan 23</b><br><b>Pasta w/ meat sauce</b><br>Steamed broccoli<br>Diced peaches<br>Assorted low-fat milk      | <b>Jan 24</b><br><b>BBQ grilled chicken sandwich</b><br>Vegetarian beans<br>Cinnamon applesauce<br>Assorted low-fat milk | Hot dog<br>Cheese Sandwich<br>PB& J Sandwich          |
| <b>Jan 27</b><br><b>Meatball hoagie</b><br>Steamed peas<br>Diced pears<br>Assorted low-fat milk             | <b>Jan 28</b><br><b>Chicken fajita dip w/bread</b><br>Steamed corn<br>Mandarin oranges<br>Assorted low-fat milk | <b>Jan 29</b><br><b>Pancakes &amp; sausage</b><br>Tater tots<br>Diced peaches<br>Assorted low-fat milk                          | <b>Jan 30</b><br><b>Teriyaki dumplings w/rice</b><br>Steamed broccoli<br>Mixed fruit<br>Assorted low-fat milk  | <b>Jan 31</b><br><b>Boneless wings</b><br>Steamed carrots<br>Pineapple tidbits<br>Assorted low-fat milk                  | Hamburger<br>Cheese Sandwich<br>PB& J Sandwich        |
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