



Don't forget to eat your vegetables

Emanuel Lutheran School Lunch Menu

Fresh vegetable choices and seasonal fruit are offered daily on the fruit & vegetable bar

January 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



National Soup Month 1

No School

Christmas Tree Shaped Nuggets Basket
Whole Grain Dinner Roll

Fish Sticks Basket
Whole Grain Dinner Roll

Pickle Slice
Tator Tots

HOM: Grapefruit 3

Corn Dog

Ground Pork Taco & Cheese Flatbread

Baked Beans
Grapefruit

Cheese Pizza

Hot Turkey & Cheese Sandwich

Mini Rice Krispie Treat

7

Pancakes
Syrup
Ham Slices

Chicken & Cheese Flatbread

Tator Tots

8

Macaroni & Cheese
Garlic Toast

Grilled Chicken Breast With Cheese Sandwich

Corn

9

Roasted Hot Dog on a Bun

BBQ Chicken Sandwich

Baked Beans

10

Cereal Choice
Cheese Stick
Cinnamon Roll

Crispy Chicken Sandwich

Steamed Carrots

National Milk Day 11

Cheese Pizza

Cheeseburger on Bun

Green Beans
Birthday Cake

HOM: Basil and Onion 14

Grilled Cheese Sandwich

Hot Ham & Cheese Flatbread

Green Peas

15

Crispy Chicken Sandwich Basket

Hamburger Basket

Pickle Slice
Tator Tots

16

Cheese Quesadilla
Salsa

Chicken Bacon Ranch Melt

Garden Salad

17

Beefy Nachos with Cheese

Pretzel Bites w/Cheese Cubes

Refried Beans

18

No School

21

Pancakes
Syrup
Ham Slices

Hot Ham & Cheese Flatbread

Tator Tots

Southern Food Day 22

Cheeseburger Basket

BBQ Chicken Sandwich Basket

Pickle Slice
Golden French Fries

23

Maxx Sticks
Marinara Sauce

Chicken & Cheese Flatbread

Broccoli Florets
Mini Rice Krispie Treat

24

Crispy Chicken Nuggets
Whole Grain Dinner Roll

Fish Sticks
Whole Grain Dinner Roll

Kettle Potato Chips

25

Pepperoni Pizza

Yogurt Pak with Bagel

Peas & Carrots

28

Macaroni & Cheese
Garlic Toast

Pretzel Bites w/Cheese Cubes

Green Peas

29

Beefy Nachos with Cheese Salsa

BBQ Rib Sandwich

Refried Beans

30

Crispy Chicken Sandwich Basket

Hot Ham & Cheese Flatbread Basket

Pickle Slice
Tator Tots

31

Crispy Chicken Nuggets
Rip Stick Breadstick

Fish Nuggets
Rip Stick Breadstick

Kettle Potato Chips



Prices

Student	\$3.25
Reduced	\$0.40
Adult	\$4.00
Extra Milk	\$0.40



EXTRA INFO

Milk choice of 1% white, skim or chocolate skim is included with lunch

