

Memorial Lutheran School Menu January--2020

Monday	Tuesday	Wednesday	Thursday	Friday
30-Dec	31-Dec	1-Jan	2-Jan	3-Jan
		SCHOOL CLOSED	Spaghetti with Grassfed Beef Meat Sauce, Fresh Green Beans and Carrots, Fresh Cut Fruit	Cheese Pizza, Sliced Cucumber with House Made Ranch Dressing, Fresh Cut Fruit
			100% Beef Hot Dog CHILDCARE ONLY	Grilled Chicken and Cheese Wrap CHILDCARE ONLY
6-Jan	7-Jan	8-Jan	9-Jan	10-Jan
Baked Chicken Breast with Alfredo Sauce, Farfalle Pasta, Roasted Carrots, Fresh Cut Fruit	Turkey Kielbasa & Rice Casserole, Vegetable Medley, Fresh Baked Baguette, Fresh Cut Fruit	Chicken Baked Ziti, Vegetable Medley, Garlic Bread, Fresh Cut Fruit	Beef Sloppy Joe Sliders, Sweet Potato Tots, Fresh Corn, Fresh Cut Fruit	Chicken and Waffles, Roasted Red Potatoes, Steamed Broccoli, Ketchup, Fresh Cut Fruit
Roast Beef & Cheddar Sandwich	Turkey & Cheddar Sandwich	Grilled Cheese Sandwich	100% Beef Hot Dog	Grilled Chicken and Cheese Wrap
13-Jan	14-Jan	15-Jan	16-Jan	17-Jan
Macaroni & Cheese with Oven Roasted Chicken, Steamed Broccoli, Fresh Cut Fruit	Turkey & Cheese Croissant, Caprice Pasta Salad with Fresh Basil, Tomato, Mozzarella Cheese & Olive Oil, Sliced Cucumbers, Fresh Cut Fruit	Chicken Fried Rice with Carrots & Lima Beans, Steamed Broccoli, Fresh Baked Baguette	Beef Tamales, Black Beans, Steamed Rice, Fresh Cut Fruit	Classic Grassfed Beef Lasagna, Ricotta Cheese, Mozzarella Cheese & Tomato Basil Pasta Sauce, Baked Yellow Squash, Garlic Bread, Fresh Cut Fruit
Roast Beef & Cheddar Sandwich	Turkey & Cheddar Sandwich	Grilled Cheese Sandwich	100% Beef Hot Dog	Grilled Chicken and Cheese Wrap
20-Jan	21-Jan	22-Jan	23-Jan	24-Jan
Chicken & Cheese Quesadillas, Brown Rice, Black Beans, Fresh Cut Fruit	Grassfed Beef Meatballs, Garden Rotini Pasta, Marinara Sauce, Baked Yellow Squash, Fresh Cut Fruit	Rosemary Crispy Chicken with Rice Pilaf, Roasted Red Potato & Carrots, Fresh Baked French Bread, Fresh Cut Fruit	Grassfed Beef Chili with Black Beans & Cheddar Cheese, Steamed Rice, Oven Roasted Carrots, Fresh Cut Fruit	Breakfast for Lunch: Turkey Sausage, Eggs, Pancakes, Breakfast Potato, Steamed Broccoli, Fresh Cut Fruit
Roast Beef & Cheddar Sandwich CHILDCARE ONLY	Turkey & Cheddar Sandwich	Grilled Cheese Sandwich	100% Beef Hot Dog	Grilled Chicken and Cheese Wrap
27-Jan	28-Jan	29-Jan	30-Jan	31-Jan
BBQ Beef Slider, Baked Beans, Fresh Corn, Fresh Cut Fruit	Baked Chicken Breast with Mild Creamy Anaheim Sauce, Steamed Rice, Green Peas & Diced Carrots, Fresh Cut Fruit	Parmesan & Ricotta Ravioli, Green Peas & Diced Carrots, Garlic Bread, Fresh Cut Fruit	Turkey Meat Loaf, Mashed Potatoes, Sautéed Green Beans & Carrots, Fresh Baguette, Fresh Cut Fruit	Cheese Pizza, Sliced Cucumber with House Made Ranch Dressing, Fresh Cut Fruit
Roast Beef & Cheddar Sandwich	Turkey & Cheddar Sandwich	Grilled Cheese Sandwich	100% Beef Hot Dog	Grilled Chicken and Cheese Wrap