

Lunch orders must be placed through Lunch Direct by **Wednesday** for the following week.

JANUARY 2022

MEMORIAL LUTHERAN SCHOOL

Lunches Provided By:
Roadrunner Foods
 (p) 281-565-7902
 (f) 281-565-7904
 RoadrunnerFoodService.com

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Beef Sloppy Joe on a Whole Wheat Bun Crispy Baked Tater Tot Green Beans Seasonal Fresh Fruit V: Veggie "Meat" Sloppy Joe	5 Chicken & Spinach Penne Pasta w/ Marinara Sauce Sweet Peas Wheat Roll Seasonal Fresh Fruit V: Spinach Penne Pasta w/ Marinara	6 Oven Baked Chicken Tenders Scalloped Potatoes Crinkle Cut Carrots Seasonal Fresh Fruit V: Veggie Nuggets	7 Oven Baked Cheese Pizza Buttered Corn Cinnamon Baked Apples
10 Oven Baked Fish Sticks Mashed Potatoes California Veggie Blend Cinnamon Baked Apples V: Veggie Nuggets	11 Bow Tie Pasta in a Lemon Butter Sauce w/ Grilled Chicken & Broccoli Wheat Roll Peas & Carrots Blend Seasonal Fresh Fruit V: Bow Tie Pasta w/ Veggie "Chicken"	12 Breakfast for Lunch Buttermilk Waffles w/ Syrup Turkey Sausage Patty Potatoes O'Brien w/ Tri-Colored Bell Peppers Seasonal Fresh Fruit V: Veggie Sausage Patty	13 Chicken Teriyaki Fried Rice w/ Mixed Vegetables Oven Roasted Baby Carrots Wheat Roll Seasonal Fresh Fruit V: Veggie "Chicken" Fried Rice	14 Oven Baked Cheese Pizza Green Beans Cinnamon Baked Apples
17 Infants and Twos only MLK HOLIDAY Crispy Chicken Sandwich on a Whole Wheat Bun Veggie Baked Beans Buttered Corn Seasonal Fresh Fruit V: Veggie Burger	18 BBQ Baked Chicken Breast w/ Mashed Potatoes Steamed Broccoli Cinnamon Baked Apples V: Veggie BBQ "Chicken" Chicken Strips	19 Ground Beef Soft Taco w/ Monterey Jack Cheese Spanish Rice w/ Mixed Veggies Refried Beans Seasonal Fresh Fruit V: Bean & Cheese Taco	20 Macaroni & Cheese w/ Grilled Chicken Sweet Peas Wheat Roll Seasonal Fresh Fruit V: Macaroni & Cheese	21 Oven Baked Cheese Pizza Crinkle Cut Carrots Cinnamon Baked Apples
24 Beef Meatballs w/ Gravy over Mashed Potatoes California Veggie Blend Wheat Roll Seasonal Fresh Fruit V: Veggie Meatballs	25 Breakfast for Lunch Buttermilk Waffles w/ Syrup Oven Baked Chicken Tenders Potatoes O'Brien w/ Tri-Colored Bell Peppers Seasonal Fresh Fruit V: Veggie Nuggets	26 Chicken Fajita Soft Tacos w/ Tri-Colored Bell Peppers & Monterey Jack Cheese Spanish Rice w/ Mixed Veggies Refried Beans Seasonal Fresh Fruit V: Cheese Quesadilla	27 Spaghetti w/ Beef Meat Sauce Green Beans Wheat Roll Seasonal Fresh Fruit V: Spaghetti w/ Veggie "Meat" Sauce	28 Oven Baked Cheese Pizza Buttered Corn Cinnamon Baked Apples
31 Oven Baked Chicken Tenders Macaroni & Cheese Mixed Veggies Seasonal Fresh Fruit V: Veggie Nuggets	1 Teriyaki Baked Chicken Breast over Steamed White Rice Sweet Peas Cinnamon Baked Apples V: Veggie Teriyaki "Chicken" Strips	2 Beef Sloppy Joe on a Whole Wheat Bun Crispy Baked Tater Tot Crinkle Cut Carrots Seasonal Fresh Fruit V: Veggie "Meat" Sloppy Joe	3 Bow Tie Pasta in a Lemon Butter Sauce w/ Grilled Chicken & Broccoli Buttered Corn Wheat Roll Seasonal Fresh Fruit V: Bow Tie Pasta w/ Veggie "Chicken"	4 Oven Baked Cheese Pizza Green Beans Cinnamon Baked Apples

SIGN UP NOW TO ORDER SCHOOL LUNCHES!

WWW.LUNCHDIRECT.COM

SCHOOL CODE: 580000

Each day your child will get a choice between three alternative entrées.
 Either **A: Grilled Cheese** **B: Cheesy Chicken, Broccoli, & Rice Casserole**

C: Oven Baked Chicken Tenders. These alternative items will replace the entrée for the day; all sides will remain the same.

All menu items are subject to change without notice due to availability, freshness, and quality of ingredients