



Redeemer Lutheran January 2012

Monday	Tuesday	Wednesday	Thursday	Friday
1/2	1/3	1/4	1/5	1/6
No School	Burgers / Whole Wheat Bun Home Fries Lettuce, Tomato and Cheese Veggie with Ranch Fresh Fruit	Chicken and Dumplings Peas Fresh Fruit	Spaghetti and Turkey Meatballs Green Salad with Ranch Dressing Garlic Bread Fresh Fruit	Enchilada Casserole Spanish Rice Roasted Veggies and Peppers Fresh Fruit
1/9	1/10	1/11	1/12	1/13
Cheese or Pepperoni Pizza Cucumbers, Carrots and Celery with Ranch Dip Pineapple Chunks	Texas Chili Carrots Cornbread Fresh Fruit	Chicken Tacos with Cheese Beans Spinach and Tomato Salad with Honey Mustard Fresh Fruit	Meatloaf Garlic Mashed Potatoes Peas Baguette Slices Fresh Fruit	Pulled Pork Sandwiches Lunchbox Slaw Cornbread Fresh Fruit
1/16	1/17	1/18	1/19	1/20
No School	Steak Tacos Spanish Rice Roasted Vegetables Salsa Fresh Fruit	Chicken Fingers Sweet Potato Fries Peas and Cauliflower Fresh Fruit	Turkey Chili Mac Broccoli Baguette Slices Fresh Fruit	Crunchy Chicken Legs Potato Salad Spinach and Tomato Salad with Honey Mustard Fresh Fruit
1/23	1/24	1/25	1/26	1/27
Cheese or Pepperoni Pizza Cucumbers, Carrots and Celery with Ranch Dip Pineapple Chunks	Bean and Cheese Quesadillas Basmati Rice Roasted Vegetables Salsa Fresh Fruit	Teriyaki Chicken with Veggie Fried Rice (Cabbage, Carrots, Peas) Fresh Fruit	Pasta Bolognese Broccoli with Lemon Focaccia Fresh Fruit	BBQ Chicken Sandwich Beans Salad Fresh Fruit
1/30	1/31	2/1	2/2	2/3
Hot Dog / Whole Wheat Bun Home Fries Cucumbers, Carrots and Celery with Ranch Dip Fresh Fruit	Burgers / Whole Wheat Bun Home Fries Lettuce, Tomato and Cheese Veggie with Ranch Fresh Fruit	Chicken and Dumplings Peas Fresh Fruit	Spaghetti and Turkey Meatballs Green Salad with Ranch Dressing Garlic Bread Fresh Fruit	Enchilada Casserole Spanish Rice Roasted Veggies and Peppers Fresh Fruit
Alternatives:	Alternatives:	Alternatives:	Alternatives:	Alternatives:
Turkey or ham Sandwich on Wheat Soup Variety	Turkey or ham Sandwich on Wheat Soup Variety	Turkey or ham Sandwich on Wheat Soup Variety	Turkey or ham Sandwich on Wheat Soup Variety	Turkey or ham Sandwich on Wheat Soup Variety
Soup Varieties: Chicken Rice, Chicken Noodle, Tortilla, Italian Wedding Soup with Meatballs, Minestrone, Tomato, Baked Potato Soup Rotating Fruit: Apples, Oranges, Mandarin Oranges, Pineapple, Grapes, Watermelon, Honeydew, Cantaloupe, Pears, Bananas				