



MESSIAH LUTHERAN SCHOOL

JANUARY 2018

*- Baked WG=Whole Grain Ingredients

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
NO SCHOOL 	NO SCHOOL	HOT LUNCH NATIONAL FRUITCAKE DAY Chicken Nuggets Corn Fresh Fruit/Seasonal Chocolate Cherry Cake Milk, Fat Free ALTERNATE ENTRÉE Hamburger on Bun St. Louis Hill Salad	HOT LUNCH NATIONAL SPAGHETTI DAY Spaghetti with Meat Sauce Green Beans Breadstick 100% Fruit Juice Bar Milk, Fat Free ALTERNATE ENTRÉE Pizza Stick St. Louis Hill Salad	HOT LUNCH NATIONAL BIRD DAY Robin Seasoned Chicken Breast Blue Jay Mashed Potatoes Pigeon Mixed Veggies Swan Chocolate Pudding Hummingbird Milk ALTERNATE ENTRÉE Duck Baked Fish Cardinal St. Louis Hill Salad
8	9	10	11	12
HOT LUNCH Chicken Patty on Bun French Fries Cooked Carrots Orange Slices Milk, Fat Free ALTERNATE ENTRÉE Mini Corn Dogs Garden Salad	HOT LUNCH PAPA JOHNS PIZZA Cheese Garlic Bread Cookie Milk, Fat Free  NO ALTERNATE ENTRÉE Garden Salad	HOT LUNCH Waffles Sausage Patty Peaches Yogurt Milk, Fat Free ALTERNATE ENTRÉE French Toast Sticks Garden Salad	HOT LUNCH Lasagna Breadstick Salad Fresh Fruit/Seasonal Milk, Fat Free SMOOTHIE KING \$1.50 ALTERNATE ENTRÉE Chicken Rings Garden Salad	HOT LUNCH Golden Grilled Cheese Carrots & Ranch Applesauce Vanilla Ice Cream Milk, Fat Free ALTERNATE ENTRÉE Popcorn Shrimp Garden Salad
15	16	17	18	19
NO SCHOOL 	HOT LUNCH Toasted Ravioli Green Beans Mandarin Oranges Chocolate Chip Cookie Milk, Fat Free ALTERNATE ENTRÉE Chicken Strips Italian Salad	HOT LUNCH Jumbo Corn Dog Corn Fresh Fruit/Seasonal Vanilla Wafers Milk, Fat Free SUPERVISOR SPECIAL ICE CREAM SUNDAE ALTERNATE ENTRÉE Pretzel with Cheese Italian Salad	HOT LUNCH WINNIE THE POOH DAY Pooh Bear Bosco Stick Eeyore Mixed Veggies Piglet Pears Honey Pot 100% Fruit Juice Bar Christopher Robin Milk  ALTERNATE ENTRÉE Rabbit Drumstick Kanga/Roo Italian Salad	HOT LUNCH NATIONAL POPCORN DAY Hot Dog on Bun Popcorn Fresh Fruit/Seasonal Oreos Milk, Fat Free  ALTERNATE ENTRÉE Pulled Pork Slider Italian Salad
22	23	24	25	26
HOT LUNCH Pancake Sausage Patty Fresh Fruit/Seasonal Yogurt Milk, Fat Free ALTERNATE ENTRÉE Biscuit & Butter Chef Salad	HOT LUNCH CHICK-FIL-A DAY Nugget Plate 4.10 Slider Plate 3.60 Sandwich Plate 5.10 Plate Includes: Fries, Vanilla Pudding & Milk NO ALTERNATE ENTRÉE Chef Salad	NO LUNCH	HOT LUNCH OPPOSITE DAY Up/Down Cheese Pizza Boy/Girl Green Beans In/Out Peaches Yes/No 100% Fruit Juice Bar Good/Bad Milk ALTERNATE ENTRÉE Open/Closed Nachos & Cheese Left/Right Chef Salad	HOT LUNCH Oven Roasted Chicken Breast Rice Pilaf Lettuce Salad Fresh Fruit/Seasonal Milk, Fat Free ALTERNATE ENTRÉE Taco Cup Chef Salad
29	30	31		
HOT LUNCH NATIONAL CORN CHIP DAY Italian Sub Corn Chips Fresh Fruit/Seasonal Teddy Grahams Milk, Fat Free ALTERNATE ENTRÉE Cheeseburger Southwest Salad	HOT LUNCH Sweet n Sour Chicken White Rice Broccoli Fortune Cookie Milk, Fat Free ALTERNATE ENTRÉE Fish Sticks Southwest Salad	HOT LUNCH YAD DRAWKCAB s'nhoJ apaP kcitsdaerB cilraG oerO eerF taF, kliM NO ALTERNATE ENTRÉE dalaS tsewhtuoS	 	
PLATE LUNCH PRICES		ALA CARTE MENU (AVAILABLE DAILY)		
PRESCHOOL \$3.00 KINDERGARTEN \$3.35 GRADES 1-5 \$3.60 GRADES 6-8 \$3.85		CUPS OF WATER FREE SMALL WATER BOTTLE .70 LARGE WATER BOTTLE 1.10 GATORADE 1.55		
EXTRA ENTRÉE \$1.35		CAPRI SUN .95 DOLE FRUIT DRINKS TBD SKIM MILK TBD CHOCOLATE/STRAWBERRY MILK TBD		
		COOKIES 1.35 FRUIT SNACKS TBD BROWNIE .85 GREEK YOGURT SMOOTHIE 2.00		

All FSC menus follow the USDA guidelines and have been approved by Registered Dietitian Associates, Inc. (does not include alternate entrée).



Food Service Consultants, Inc.

"Serving You With Pride"

