

ST JOHN LUTHERAN SCHOOL ALMA KS

January Menu

2018-2019

USDA is an equal opportunity provider and employer

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
			Chicken Nuggets 3 Whole Wheat Roll & Jelly Mashed Potatoes & Gravy Salad Mandarin Oranges	Spaghetti / 4 Meat Sauce Garlic Bread Salad Green Bean Peaches		
Chili 7 Red Bell Pepper Strips Peaches Cinnamon Roll	Grilled Chicken Sandwich 8 Broccoli & Cheese Carrots Pears	Baked Ham 9 Angel Biscuit & Jelly Green Beans Salad Mandarin Oranges	Salisbury Steak 10 Mashed Potatoes Gravy Carrots & peas Pineapple Roll	11 Pizza Corn Carrots Applesauce Salad		
Chicken Wrap 14 Hash Brown Patty Romaine Lettuce Tomato Slice Pineapple	Grilled Cheese Sandwich 15 Carrots & Pickle spears Steamed Broccoli Peaches	Lasagna 16 Salad Carrots Mandarin Oranges Bread stick	Macaroni & Cheese 17 Meatballs Peas Carrots Applesauce	18 Waffle Sausage Baked beans Carrots pears		
NO SCHOOL	Pig in a Blanket 22 Carrots Broccoli w/Cheese Mandarin Oranges	Stromboli Squares 23 Salad Corn Peaches	Hamburger on a Bun 24 Lettuce Tomato Slice Salad Oven Fries Strawberries	Fish Sticks 25 Green Beans Carrots & broccoli Applesauce Roll		
Chicken Breast 28 Whole Wheat Roll & Jelly Green beans Salad Pears	Super Nachos 29 Refried Beans Pineapple Carrots	Cowboy Cavatini 30 Peas Carrots Mandarin Oranges Bread Sticks	Chicken & Noodles 31 Mashed potatoes Green beans Roll Peaches			

PLEASE NOTE: Milk choice includes a choice of non-fat (flavored or unflavored) or 1% milk (unflavored). Reduced fat dressing is served with salads and fresh vegetables. Fresh fruit is offered at each meal. The menu is subject to change to make the best use of food.