Don't forget to eat your vegetables

Immanuel Lutheran Lunch

January 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOM Feature - Tomato	***HOM Feature - Tomato***	***HOM Feature - Tomato*** 1 NO SCHOOL	***HOM Feature - Tomato*** 2 NO SCHOOL	***HOM Feature - Tomato*** 3 NO SCHOOL
HOM Feature - Tomato 6 Chicken Nuggets or Mini Corndogs French Fries, Hot Corn Salad Cherry Tomatoes Cauliflower Canned Peaches Fresh Apples	***HOM Feature - Tomato*** 7 Maxx Sticks with Marinara or Roast Beef Stackers with Baked Beans Salad Carrots Peas Canned Mixed Fruit Fresh Oranges	***HOM Feature - Tomato*** 8 **Breakfast for Lunch** or Fish Sticks with French Fries and Calico Beans Salad Broccoli Zucchini Canned Mandarins Fresh Bananas	***HOM Feature - Tomato*** 9 Spaghetti with Meatballs or Chicken Alfredo Garlic Bread Salad Red Pepper Cucumbers Canned Applesauce Fresh Grapes	***HOM Feature - Tomato*** 10 Cheese Pizza or Meat Lover's Pizza Fresh Fruit and Veggie Bar
HOM Feature - Tomato 13 Cheesebread with Marinara or Cowboy Burger with Pinto Beans Salad Carrots Peas Canned Peaches Fresh Apples	***HOM Feature - Tomato*** 14 Cheeseburger with Potato Salad or Yogurt Pack Salad Cucumbers Cherry Tomatoes Canned Mixed Fruit Fresh Oranges	***HOM Feature - Tomato*** 15 Chicken Patty or Deli Sandwich Tater Tots Salad Broccoli Radishes Canned Mandarins Fresh Bananas	***HOM Feature - Tomato*** 16 Corn Dog on a Stick or Grilled Cheese Sandwich with Chicken Noodle Soup Salad Red Pepper Jicama Canned Pears Fresh Kiwi	***HOM Feature - Tomato*** 17 Cheese Pizza or Sausage Pizza Fresh Fruit and Veggie Bar
HOM Feature - Tomato 20 NO SCHOOL	***Harvest of the Month*** 21 Pulled Pork or Pulled Chicken Sandwich COLLARDS Salad Carrots Peas Canned Mixed Fruit KIWI	***POPCORN DAY!!*** 22 Popcorn Chicken Bowl or Cold Sub and Popcorn Salad Broccoli Yellow Squash Canned Mandarins Fresh Bananas	***HOM Feature - Tomato*** 23 Hot Ham and Cheese Sandwich or BBQ Chicken Legs and Black Beans Salad Red Pepper Cucumbers Canned Sliced Apples Fresh Pears	***HOM Feature - Tomato*** 24 Cheesy Italian Flat Bread or Meat and Cheese Italian Flatbread Fresh Fruit and Veggie Bar
HOM Feature - Tomato 27 NO SCHOOL	28 Quesadilla with Beans & Rice or Cheesebread with Marinara Salad Cucumbers Cherry Tomatoes Canned Mixed Fruit Fresh Oranges	29 Sweet/Sour Chicken Bites with Rice or Cheese Ravioli in Marinara Salad Broccoli Radishes Canned Mandarins Fresh Bananas	30 Lasagna Roll Up or Chicken Nuggets with Mashed Potatoes/Gravy Salad Red Pepper Jicama Canned Pears Fresh Plum	31 Cheese Pizza or Pepperoni Pizza Fresh Fruit and Veggie Bar
		Pancakes Egg Patty Sausage Patty		

Nourishing the Minds of the Future™ TAHER

Menus are subject to change without notice. This institution is an equal opportunity provider.

www.taher.com