



# Trinity Lutheran School

## September 2019 Menu

**BREAKFAST \$1.65**

**LUNCH PRICES**

Paid	\$3.00
Reduced	\$0.40
Additional milk	\$0.50
Snack Milk	\$0.50
Adult/Guest	\$3.65

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  No School Labor Day	3 WG french toast sticks Sausage Hash browns Carrot sticks Oranges Milk	4 WGR spaghetti w/meat balls Garlic breadstick Mixed green salad W/chick peas (optional) Celery sticks Pears Milk	5 Sloppy joe on WG bun Fritos Pickles Peas Peaches Milk	6 Fish sticks on WG bun Tater tots Cole slaw Grapes Brownie Milk
9 Pepperoni-stuffed Bosco sticks Mixed green salad Cooked carrots Apple Milk	10 Choice of: 1 hard-shell Or 1 soft-shell WG taco WGR corn bread Refried beans Cantaloupe Milk	11 Macaroni & cheese WG roll Broccoli Pineapple Milk	12 Hot ham on a WGR roll Sweet potato fries Cucumbers Peaches Milk	13 Chicken nuggets (WG) Mashed potatoes w/gravy Green beans Tropical fruit mix Milk
16 WG pancakes w/sausage Hash browns Fresh veggies Strawberry applesauce Milk	17 Chicken patty (WG bun) French fries Mixed veggies Grapes Milk	18 Fajita chicken and WG rice bowl Carrot sticks, pears WG chips & salsa Milk	19 WG pizza (meat or cheese) Garlic breadstick Mixed green salad Mandarin oranges Milk	20  No School
23 Hamburger or Cheeseburger on WG bun French fries Baked beans, fresh fruit Milk	24 Turkey & cheese sub on a WG bun w/chips Fresh mixed veggies Watermelon Milk	25 Colby cheese omelet Blueberry muffin Sweet peppers Oranges Milk	26 Teriyaki chicken over WG rice Broccoli Pineapple WG roll Milk	27 Mini corn dog (WGR) Green beans Watermelon French fries, Jell-o Milk
30 Chicken noodle soup Choice of turkey or PB&J sandwich Cooked carrots Grapes Milk				



**Breakfast Offerings:**

1 cup milk

**Choice of:**

1 cup fresh fruit/veggie - or -  
½ cup fruit/veggie + ½ cup  
100% juice

**Choice of:**

1-2oz grain (cereal, muffin,  
bagel, etc.) - or -  
1oz protein (yogurt, string  
cheese, hardboiled egg)

Free & reduced meal applications can be requested from the office or completed online at any time throughout the school year.

**Key:**  
WGR – Whole Grain Rich  
WG – Whole Grain