



Trinity Lutheran School

September 2020 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Lasagna Garlic bread Salad Peaches Milk	2 Fish sticks Roll (WG) Carrot/celery sticks Applesauce Milk	3 Scalloped potatoes w/ham Peas Banana Popsicle/freeze pop Milk	4 Chicken nuggets Mashed potatoes Green beans Melon Milk
7 Labor Day	8 Orange chicken Fried rice Broccoli Pineapple Milk	9 Enchilada Rice & beans Corn Peaches Milk	10 Spaghetti (WGR) w/meat sauce Garlic bread Salad/garbanzo beans Pears Milk	11 French toast sticks Sausage Hash browns Oranges Milk
14 Chicken patty on a WG bun Ranch tots Green beans Tropical fruit Milk	15 Beef nachos (WG) Spanish rice w/black beans Corn Mixed fruit Milk	16 Pulled pork sandwich Pasta salad Cooked carrot coins Mandarin orange Milk	17 Macaroni & cheese Ham slider Mixed veggies Apple Milk	18 Pizza (meat or cheese) Garlic breadstick Mixed green salad w/chick peas Banana Milk
21 Mini corn dogs (WG) Carrots/celery Melon Pudding Milk	22 Ham or turkey sub Sweet potato fries Peas Strawberries Milk	23 Bacon/egg/cheese burrito (WG) Cucumbers/sweet peppers Applesauce Yogurt Milk	24 Cheeseburger on WG bun French fries Green beans Oranges Milk	25 No School Professional Development Day
28 Hot dog on WG bun Chips Baked beans Melon Milk	29 Fajita chicken & rice bowl WG chips w/salsa Mixed veggies Banana Milk	30 Chicken/bacon/cheese/ranch Wrap (WG) Buffalo tots Cooked carrot coins Apple Milk		

BREAKFAST \$1.65

LUNCH PRICES

Paid	\$3.70
Reduced	\$0.40
Additional Milk	\$0.50
Snack Milk	\$0.50
Adult/Guest	\$3.70



Breakfast Offerings:

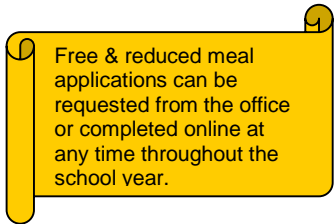
1 cup milk

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)



Key:

WGR – Whole Grain Rich
WG – Whole Grain